



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Lauf lachend durchs Leben!

Number: 301

Course: 100.00 km

Staffel 2x50 km

Category:

Männerstaffel

Total time: 11:51:49

Speed: 8.43 km/h

Running performance: 7:07 min/km

Rank in course: 20 (of 24)

Best time in course: 8:27:57

Rank in category: 12(of 13)

Best time in the category: 8:27:57

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total
Floh-Seligenthal	50.88	5:56:50	7:00	12	1:35:36	20	1:35:36	50.88	5:56:50	7:00	12	1:35:36	6	1:07:24
Fröttstädt	49.12	5:54:59	7:13	11	1:48:16	20	1:48:16	100.00	11:51:49	7:07	12	3:23:52	20	3:23:52