



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Running-Twins

Number: 317

Course: 100.00 km

Staffel 2x50 km

Category:

Männerstaffel

Total time: 12:04:42

Speed: 8.28 km/h

Running performance: 7:15 min/km

Rank in course: 21 (of 24)

Best time in course: 8:27:57

Rank in category: 13(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	5:57:29	7:01	13	1:36:15	21	1:36:15	50.88	5:57:29	7:01	13	1:36:15	5	1:08:03
Fröttstädt	49.12	6:07:13	7:28	12	2:00:30	21	2:00:30	100.00	12:04:42	7:14	13	3:36:45	21	3:36:45