



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

Siegen auf einen Streich

Number: 307

Course: 100.00 km

Staffel 2x50 km

Category:

Männerstaffel

Total time: 9:24:15

Speed: 10.63 km/h

Running performance: 5:38 min/km

Rank in course: 3 (of 24)

Best time in course: 8:27:57

Rank in category: 2(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	4:52:34	5:45	6	31:20	8	31:20	50.88	4:52:34	5:45	2	31:20	23	3:08
Fröttstädt	49.12	4:31:41	5:31	2	24:58	3	24:58	100.00	9:24:15	5:38	2	56:18	3	56:18