



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

GÜ-WE Schnecken

Number: 310

Course: 100.00 km

Staffel 2x50 km

Category:

Männerstaffel

Total time: 9:30:41

Speed: 10.51 km/h

Running performance: 5:43 min/km

Rank in course: 5 (of 24)

Best time in course: 8:27:57

Rank in category: 4(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	4:32:53	5:21	2	11:39	2	11:39	50.88	4:32:53	5:21	4	11:39	21	
Fröttstädt	49.12	4:57:48	6:03	5	51:05	8	51:05	100.00	9:30:41	5:42	4	1:02:44	5	1:02:44