



3. Thüringen ULTRA  
Fröttstädt / 04.07.2009

Detailed evaluation

M & H Rennsteigteam

Number: 320

Course: 100.00 km

Staffel 2x50 km

Category:

Männerstaffel

Total time: 9:42:34

Speed: 10.30 km/h

Running performance: 5:50 min/km

Rank in course: 7 (of 24)

Best time in course: 8:27:57

Rank in category: 6(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	5:00:22	5:54	8	39:08	14	39:08	50.88	5:00:22	5:54	6	39:08	19	10:56
Fröttstädt	49.12	4:42:12	5:44	4	35:29	5	35:29	100.00	9:42:34	5:49	6	1:14:37	7	1:14:37