



3. Thüringen ULTRA
Fröttstädt / 04.07.2009

Detailed evaluation

ALPINE-RUNNERS

Number: 304

Course: 100.00 km

Staffel 2x50 km

Category:

Mixstaffel

Total time: 9:47:03

Speed: 10.22 km/h

Running performance: 5:52 min/km

Rank in course: 8 (of 24)

Best time in course: 8:27:57

Rank in category: 2(of 10)

Best time in the category: 9:00:22

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	4:55:37	5:48	5	7:39	11	34:23	50.88	4:55:37	5:48	2	2:01	18	6:11
Fröttstädt	49.12	4:51:26	5:55	2	44:40	6	44:43	100.00	9:47:03	5:52	2	46:41	8	1:19:06