



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

Detailed evaluation

Laufteam Town & Country HAUS

Number: 4025

Course: 99.83 km

Staffel 4x25 km

Category:

Frauenstaffel

Total time: 9:06:54

Speed: 10.86 km/h

Running performance: 5:29 min/km

Rank in course: 13 (of 34)

Best time in course: 7:15:05

Rank in category: 1(of 4)

Best time in the category: 9:06:54

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
Ruhlaer Skihütte	23.96	2:06:40	5:17	1	-	13	27:18	23.96	2:06:40	5:17	1	-	30	
Floh-Seligenthal	26.92	2:23:44	5:20	1	-	16	32:02	50.88	4:30:24	5:18	1	-	30	
Finsterbergen	24.12	2:33:51	6:22	2	14:30	23	47:38	75.00	7:04:15	5:39	1	-	30	
Fröttstädt	24.83	2:02:39	4:56	1	-	7	13:23	99.83	9:06:54	5:28	1	-	13	1:51:49