



2. ThüringenULTRA  
Fröttstädt / 05.07.2008

Detailed evaluation

Deenen, Albert-Jan

Club: Balloo  
Number: 123

Course: 100.00 km  
Thüringen Ultra

Category:  
Männer M40

Total time: 17:02:56

Speed: 5.87 km/h  
Running performance: 10:14 min/km

Rank in course/Total: 137 (of 141)

Rank in course/Men: 118 (of 121)

Best time in course: 8:44:09

Rank in category: 26(of 26)

Best time in the category: 9:09:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ruhlaer Skihütte	24.00	2:59:34	7:28	24	55:55	96	1:00:00	24.00	2:59:34	7:28	2	6:57	118	1:00:00
Floh-Seligenthal	26.40	3:54:36	8:53	26	1:39:47	119	1:43:04	50.40	6:54:10	8:13	2	53:01	118	2:43:04
Finsterbergen	24.00	4:40:26	11:41	26	2:19:24	119	2:25:40	74.40	11:34:36	9:20	2	2:28:35	117	5:08:44
Fröttstädt	25.60	5:28:20	12:49	26	3:07:45	120	3:10:03	100.00	17:02:56	10:13	26	7:52:58	119	8:18:47