



6. thüringen ULTRA
Fröttstädt / 07.07.2012

Detailed evaluation

Deenen, Albert Jan

Club: Balloo
Number: 32

Course: 100.22 km
Thüringen Ultra

Category:
Männer M45

Total time: 17:12:29

Speed: 5.81 km/h
Running performance: 10:18 min/km

Rank in course/Total: 181 (of 191)

Rank in course/Men: 166 (of 175)

Best time in course: 8:42:52

Rank in category: 42(of 43)

Best time in the category: 9:44:22

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
Glasbachwiese	27.39	3:32:06	7:44	34	1:05:02	146	1:10:46	27.39	3:32:06	7:44	22		173	4:22
Floh-Seligenthal	27.74	4:19:44	9:21	43	1:53:31	172	2:03:07	55.13	7:51:50	8:33	22	23:40	172	2:10:56
Finsterbergen	22.03	4:03:18	11:02	40	1:51:13	159	2:06:19	77.16	11:55:08	9:16	22	22:42	168	5:20:10
Fröttstädt	23.06	5:17:21	13:45	41	3:07:31	166	3:15:56	100.22	17:12:29	10:18	42	7:28:07	166	8:29:37