



6. thüringen ULTRA
Fröttstädt / 07.07.2012

Detailed evaluation

Jansen, Ronald

Club: Westmalle
Number: 68

Course: 100.22 km
Thüringen Ultra

Category:
Männer M40

Total time: 11:08:20

Speed: 8.98 km/h
Running performance: 6:40 min/km

Rank in course/Total: 48 (of 191)

Rank in course/Men: 47 (of 175)

Best time in course: 8:42:52

Rank in category: 7(of 25)

Best time in the category: 9:11:58

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.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Glasbachwiese	27.39	2:55:50	6:25	11	29:04	63	34:30	27.39	2:55:50	6:25	18		53	
Floh-Seligenthal	27.74	2:54:45	6:17	10	35:47	52	38:08	55.13	5:50:35	6:21	18		52	9:41
Finsterbergen	22.03	2:34:39	7:01	7	21:19	42	37:40	77.16	8:25:14	6:32	18		48	1:50:16
Fröttstädt	23.06	2:43:06	7:04	10	31:59	53	41:41	100.22	11:08:20	6:40	7	1:56:22	47	2:25:28