



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

Detailed evaluation

Prins, Jan

Club: A.A.C. 61  
Number: 175

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M45 (45-49 Jahre)

Total time: 12:15:14

Speed: 8.16 km/h  
Running performance: 7:21 min/km

Rank in course/Total: 96 (of 272)

Rank in course/Men: 88 (of 235)

Best time in course: 7:55:46

Rank in category: 17(of 54)

Best time in the category: 9:26:44

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	25.00	2:58:21	7:08	18	31:41	81	46:34	25.00	2:58:21	7:08	47		97	46:34
Floh-Seligenthal	25.00	2:56:30	7:03	14	29:19	71	51:32	50.00	5:54:51	7:05	46		94	1:38:06
Finsterbergen	25.00	3:02:16	7:17	20	47:58	100	1:14:20	75.00	8:57:07	7:09	44		88	2:52:26
Fröttstädt	25.00	3:18:07	7:55	28	1:06:07	124	1:27:02	100.00	12:15:14	7:21	17	2:48:30	88	4:19:28