



7. Thüringen ULTRA
Fröttstädt / 06.07.2013

Detailed evaluation

Deenen, Albert Jan

Club: Balloo
Number: 47

Course: 100.00 km
Thüringen Ultra

Category:
Senioren M45 (45-49 Jahre)

Total time: 14:19:56

Speed: 6.98 km/h
Running performance: 8:36 min/km

Rank in course/Total: 206 (of 272)

Rank in course/Men: 182 (of 235)

Best time in course: 7:55:46

Rank in category: 42(of 54)

Best time in the category: 9:26:44

| Intermediate times | | | | Stage score | | | | Total ranking | | | | | | |
|--------------------|----------|------------|--------------|-------------|-------------|---------|------------|---------------|------------|--------------|----------|-------------|---------|------------|
| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Glasbachwiese | 25.00 | 3:40:22 | 8:48 | 46 | 1:13:42 | 201 | 1:28:35 | 25.00 | 3:40:22 | 8:48 | 19 | 13:28 | 194 | 1:28:35 |
| Floh-Seligenthal | 25.00 | 3:22:16 | 8:05 | 32 | 55:05 | 137 | 1:17:18 | 50.00 | 7:02:38 | 8:27 | 19 | 7:41 | 191 | 2:45:53 |
| Finsterbergen | 25.00 | 3:26:39 | 8:15 | 39 | 1:12:21 | 170 | 1:38:43 | 75.00 | 10:29:17 | 8:23 | 18 | 13:11 | 183 | 4:24:36 |
| Fröttstädt | 25.00 | 3:50:39 | 9:13 | 44 | 1:38:39 | 191 | 1:59:34 | 100.00 | 14:19:56 | 8:35 | 42 | 4:53:12 | 182 | 6:24:10 |