



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	Stage score				Total ranking						
				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