



8. Thüringer ULTRA  
Fröttstädt / 04.07.2014-05.07.2014

Detailed evaluation

Deenen, Albert Jan

Club: KNBLO-Niederlande  
Number: 33

Course: 100.00 km  
Thüringen Ultra

Category:  
Senioren M45 (45-49 Jahre)

Total time: 14:49:58

Speed: 6.74 km/h  
Running performance: 8:54 min/km

Rank in course/Total: 200 (of 272)

Rank in course/Men: 171 (of 232)

Best time in course: 8:54:18

Rank in category: 38(of 47)

Best time in the category: 9:33:21

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	3:45:05	8:13	44	1:21:15	205	1:35:24	27.39	3:45:05	8:13	19	12:30	184	1:35:24
Floh-Seligenthal	27.74	3:33:05	7:40	34	1:10:14	146	1:13:48	55.13	7:18:10	7:56	19	17:08	184	2:46:27
Finsterbergen	22.03	3:25:08	9:18	31	1:10:43	141	1:18:40	77.16	10:43:18	8:20	18	16:18	178	3:59:21
Fröttstädt	22.84	4:06:40	10:47	40	1:49:11	188	2:03:00	100.00	14:49:58	8:53	38	5:16:37	171	5:55:40