



9. Thüringer ULTRA  
Fröttstädt / 04.07.2015

Detailed evaluation

Deenen, Albert Jan

Club: KNBLO-Niederlande  
Number: 28

Course: 100.22 km  
Einzellauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 16:52:03

Speed: 5.93 km/h  
Running performance: 10:06 min/km

Rank in course/Total: 170 (of 246)

Rank in course/Men: 152 (of 215)

Best time in course: 8:53:45

Rank in category: 28(of 37)

Best time in the category: 9:49:27

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	4:13:17	9:14	36	2:02:20	208	2:02:20	27.39	4:13:17	9:14	36	2:02:20	208	2:02:20
Floh-Seligenthal	27.74	3:51:56	8:21	29	1:30:16	155	1:30:16	55.13	8:05:13	8:48	31	3:32:36	179	3:32:36
Finsterbergen	22.03	4:13:59	11:31	29	1:48:12	155	2:24:25	77.16	12:19:12	9:34	30	5:10:58	164	5:34:49
Fröttstädt	23.06	4:32:51	11:49	31	2:03:37	145	2:23:29	100.22	16:52:03	10:05	28	7:02:36	152	7:58:18