



11. thüringenULTRA
Fröttstädt / 01.07.2017

Detailed evaluation

DEENEN, Albert Jan

Club: KWBN Niederlande
Number: 77

Course: 100.20 km
100 Kilometer

Category:
Senioren M50 (50-54 Jahre)

Total time: 14:39:16

Speed: 6.84 km/h
Running performance: 8:47 min/km

Rank in course/Total: 189 (of 254)

Rank in course/Men: 163 (of 211)

Best time in course: 8:41:59

Rank in category: 43(of 53)

Best time in the category: 9:18:12

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	27.00	3:59:58	8:53	51	1:33:15	203	1:34:35	27.00	3:59:58	8:53	51	1:33:15	203	1:34:35
Floh-Seligenthal	49.00	7:16:15	8:54	43	2:38:53	157	3:01:11	76.00	11:16:13	8:53	45	4:12:08	176	4:35:46
Fröttstädt	24.20	3:23:03	8:23	30	1:08:56	116	1:21:31	100.20	14:39:16	8:46	43	5:21:04	163	5:57:17