



12. thüringenULTRA
Fröttstädt / 07.07.2018

Detailed evaluation

Deenen, Albert Jan

Club: KWBN Niederlande
Number: 70

Course: 100.22 km
100 Kilometer

Category:
Senioren M50 (50-54 Jahre)

Total time: 15:03:55

Speed: 6.65 km/h
Running performance: 9:01 min/km

Rank in course/Total: 193 (of 248)

Rank in course/Men: 160 (of 203)

Best time in course: 8:37:32

Rank in category: 38(of 46)

Best time in the category: 10:20:45

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	27.39	3:41:49	8:05	35	1:00:35	144	1:14:20	27.39	3:41:49	8:05	35	1:00:35	144	1:14:20
Floh-Seligenthal	27.74	3:30:44	7:35	26	46:19	111	59:21	55.13	7:12:33	7:50	33	1:58:17	150	2:35:12
Finsterbergen	22.03	3:50:09	10:26	39	1:19:31	169	1:51:10	77.16	11:02:42	8:35	36	3:14:33	158	4:25:07
Fröttstädt	23.06	4:01:13	10:27	37	1:28:37	161	2:01:16	100.22	15:03:55	9:01	38	4:43:10	160	6:26:23