



12. thüringenULTRA  
Fröttstädt / 07.07.2018

Detailed evaluation

Van Zijp, Sebastiaan

Club: LEIDEN

Number: 64

Course: 100.22 km

100 Kilometer

Category:

Senioren M45 (45-49 Jahre)

Total time: 10:28:55

Speed: 9.54 km/h

Running performance: 6:17 min/km

Rank in course/Total: 19 (of 248)

Rank in course/Men: 19 (of 203)

Best time in course: 8:37:32

Rank in category: 5(of 40)

Best time in the category: 9:31:18

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	fehlt!	-	-	-	-	-	27.39	-	-	-	-	-	-	-
Floh-Seligenthal	27.74	5:12:30	11:15	35	2:41:07	187	2:41:07	55.13	5:12:30	5:40	4	10:20	13	35:09	
Finsterbergen	22.03	2:38:55	7:12	7	27:51	28	39:56	77.16	7:51:25	6:06	5	35:08	18	1:13:50	
Fröttstädt	23.06	2:37:30	6:49	6	22:29	22	37:33	100.22	10:28:55	6:16	5	57:37	19	1:51:23	