



13. thüringenULTRA
Fröttstädt / 06.07.2019

Detailed evaluation

Deenen, Albert Jan

Club: KWBN Niederlande
Number: 53

Course: 100.22 km
100 Kilometer

Category:
Senioren M50 (50-54 Jahre)

Total time: 16:22:45

Speed: 6.11 km/h
Running performance: 9:49 min/km

Rank in course/Total: 208 (of 246)

Rank in course/Men: 178 (of 211)

Best time in course: 8:32:51

Rank in category: 38(of 43)

Best time in the category: 10:38:25

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Glasbachwiese	27.39	3:45:40	8:14	38	1:09:02	172	1:23:54	27.39	3:45:40	8:14	38	1:09:02	172	1:23:54				
Floh-Seligenthal	27.74	3:57:12	8:33	36	1:13:33	165	1:34:59	55.13	7:42:52	8:23	38	2:22:35	174	3:15:31				
Finsterbergen	22.03	4:00:20	10:54	37	1:26:46	171	2:02:53	77.16	11:43:12	9:06	39	3:42:35	175	5:14:12				
Fröttstädt	23.06	4:39:33	12:07	38	2:02:18	188	2:41:26	100.22	16:22:45	9:48	38	5:44:20	178	7:49:54				