



14. thüringen ULTRA  
Fröttstädt / 02.07.2022

Detailed evaluation

Albert Jan Deenen

Club: KWBN Niederlande  
Number: 10

Course: 100.22 km  
100 Kilometer

Category:  
Senioren M55 (55-59 Jahre)

Total time: 17:21:09

Speed: 5.76 km/h  
Running performance: 10:23 min/km

Rank in course/Total: 171 (of 187)

Rank in course/Men: 144 (of 159)

Best time in course: 8:24:01

Rank in category: 22(of 25)

Best time in the category: 10:29:19

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	4:14:09	9:24	24	1:31:20	151	2:06:22	27.00	4:14:09	9:24	24	1:31:20	151	2:06:22
Floh-Seligenthal	27.00	4:30:05	10:00	21	1:46:23	144	2:15:27	54.00	8:44:14	9:42	22	3:16:35	146	4:21:49
Finsterbergen	22.00	4:11:41	11:26	22	1:47:02	142	2:15:25	76.00	12:55:55	10:12	22	5:03:37	143	6:37:14
Finish	24.22	4:25:14	10:57	19	1:54:09	137	4:25:14	100.22	17:21:09	10:23	22	6:51:50	144	8:57:08