



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

Detailed evaluation

Albert Jan Deenen

Club: KWBN Niederlande
Number: 7

Course: 100.00 km
100 Kilometer

Category:
Senioren M55 (55-59)

Total time: 17:20:58

Speed: 5.76 km/h
Running performance: 10:24 min/km

Rank in course/Total: 139 (of 153)

Rank in course/Men: 107 (of 118)

Best time in course: 8:41:00

Rank in category: 16(of 17)

Best time in the category: 11:50:22

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total			Pos		Behind	
				Cat.	Men	Cat.	Men	km	Time	min/km	Cat.	Men	Cat.	Men
Glasbachwiese	27.00	4:30:36	10:01	16	113	1:32:57	2:18:47	27.00	4:30:36	10:01	16	113	1:32:57	2:18:47
Floh-Seligenthal	27.00	4:15:19	9:27	16	102	1:14:12	1:57:47	54.00	8:45:55	9:44	17	110	2:34:27	4:16:34
Finsterbergen	22.00	4:14:27	11:33	14	104	1:30:50	2:13:16	76.00	13:00:22	10:16	15	105	4:05:17	6:29:50
Fröttstädt	24.00	4:20:36	10:51	16	103	1:27:49	4:20:36	100.00	17:20:58	10:24	16	107	5:30:36	8:39:58