



16. thüringen ULTRA  
Fröttstädt / 06.07.2024

Detailed evaluation

Albert Jan Deenen

Club: KNWB Niederlande  
Number: 10

Course: 100.00 km  
100 Kilometer

Category:  
Senioren M55 (55-59)

Total time: 16:52:14

Speed: 5.93 km/h  
Running performance: 10:07 min/km

Rank in course/Total: 178 (of 195)

Rank in course/Men: 141 (of 156)

Best time in course: 8:25:24

Rank in category: 28(of 30)

Best time in the category: 9:29:56

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	27.00	3:59:37	8:52	28	1:02:03	148	1:44:55	27.00	3:59:37	8:52	28	1:02:03	148	1:44:55
Floh-Seligenthal	27.00	4:18:08	9:33	27	1:11:07	142	2:06:15	54.00	8:17:45	9:13	28	3:17:34	145	3:51:10
Finsterbergen	22.00	4:17:21	11:41	29	2:02:44	139	2:22:25	76.00	12:35:06	9:56	28	5:20:18	137	6:13:35
Waltershausen	19.00	3:30:56	11:06	27	1:37:58	127	1:50:57	95.00	16:06:02	10:10	28	6:58:16	141	8:01:46
Fröttstädt	5.00	46:12	9:14	23	24:02	127	25:04	100.00	16:52:14	10:07	28	7:22:18	141	8:26:50