



26. Rennsteig Herbstlauf  
Masserberg / 02.10.2016

Detailed evaluation

Friedemann, Nico

Club: BN Automation AG  
Number: 10067

Course: 10.00 km  
10km Strecke

Category:  
Senioren M30 (30-34 Jahre)

Total time: 41:41

Speed: 14.39 km/h  
Running performance: 4:10 min/km

Rank in course/Total: 13 (of 205)

Rank in course/Men: 11 (of 105)

Best time in course: 37:55

Rank in category: 4(of 18)

Best time in the category: 38:44