



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Ohlhorst, Frank

Club: Erdinger Alkoholfrei

Number: 106

Course: 20.00 km

20km Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:30:17

Speed: 13.29 km/h

Running performance: 4:31 min/km

Rank in course/Total: 56 (of 552)

Rank in course/Men: 53 (of 405)

Best time in course: 1:13:54

Rank in category: 4(of 51)

Best time in the category: 1:18:53

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
10 km	10.00	45:59	4:35	4	5:47	49	7:25	10.00	45:59	4:35	4	5:47	49	7:25
Finish	10.00	44:18	4:25	6	5:37	59	8:58	20.00	1:30:17	4:30	4	11:24	53	16:23