



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Fasold, Thomas

Club: Hotel Fasold

Number: 30

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:34:01

Speed: 12.76 km/h

Running performance: 4:42 min/km

Rank in course/Total: 93 (of 552)

Rank in course/Men: 86 (of 405)

Best time in course: 1:13:54

Rank in category: 10(of 59)

Best time in the category: 1:15:34

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
10 km	10.00	47:48	4:46	11	8:31	83	9:14	10.00	47:48	4:46	11	8:31	83	9:14
Finish	10.00	46:13	4:37	13	9:56	92	10:53	20.00	1:34:01	4:42	10	18:27	86	20:07