



26. Rennsteig Herbstlauf
Masserberg / 02.10.2016

Detailed evaluation

Nolden, Frank

Club: Neukirchen-Vluyn
Number: 10164

Course: 10.00 km
10km Strecke

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:04:03

Speed: 9.37 km/h
Running performance: 6:24 min/km

Rank in course/Total: 120 (of 205)

Rank in course/Men: 80 (of 105)

Best time in course: 37:55

Rank in category: 6(of 7)

Best time in the category: 39:08