



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Boller, Frank

Club: RTV Haselgrund/Team

Number: 452

Course: 20.00 km

20km Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:37:57

Speed: 12.25 km/h

Running performance: 4:54 min/km

Rank in course/Total: 125 (of 552)

Rank in course/Men: 116 (of 405)

Best time in course: 1:13:54

Rank in category: 8(of 51)

Best time in the category: 1:18:53

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	51:48	5:10	15	11:36	158	13:14	10.00	51:48	5:10	15	11:36	158	13:14
Finish	10.00	46:09	4:36	7	7:28	90	10:49	20.00	1:37:57	4:53	8	19:04	116	24:03