



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Hoffmann, Frank

Club: GutsMuths RSLV

Number: 302

Course: 20.00 km

20km Strecke

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:40:39

Speed: 11.92 km/h

Running performance: 5:02 min/km

Rank in course/Total: 149 (of 552)

Rank in course/Men: 138 (of 405)

Best time in course: 1:13:54

Rank in category: 5(of 28)

Best time in the category: 1:23:45

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	51:46	5:10	6	8:31	155	13:12	10.00	51:46	5:10	6	8:31	155	13:12
Finish	10.00	48:53	4:53	5	8:23	131	13:33	20.00	1:40:39	5:01	5	16:54	138	26:45