



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Kühnpast, Frank

Club: Saalfelder LV

Number: 292

Course: 20.00 km

20km Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:40:59

Speed: 11.88 km/h

Running performance: 5:03 min/km

Rank in course/Total: 154 (of 552)

Rank in course/Men: 142 (of 405)

Best time in course: 1:13:54

Rank in category: 11(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	51:11	5:07	11	10:59	139	12:37	10.00	51:11	5:07	11	10:59	139	12:37
Finish	10.00	49:48	4:58	11	11:07	157	14:28	20.00	1:40:59	5:02	11	22:06	142	27:05