



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Helbing, Frank

Club: GutsMuths RSLV

Number: 288

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:42:28

Speed: 11.71 km/h

Running performance: 5:07 min/km

Rank in course/Total: 178 (of 552)

Rank in course/Men: 163 (of 405)

Best time in course: 1:13:54

Rank in category: 26(of 59)

Best time in the category: 1:15:34

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	53:00	5:17	28	13:43	179	14:26	10.00	53:00	5:17	28	13:43	179	14:26
Finish	10.00	49:28	4:56	25	13:11	141	14:08	20.00	1:42:28	5:07	26	26:54	163	28:34