



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Janoschek, Guido

Club: Frankenblick

Number: 458

Course: 20.00 km

20km Strecke

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:45:09

Speed: 11.41 km/h

Running performance: 5:16 min/km

Rank in course/Total: 211 (of 552)

Rank in course/Men: 191 (of 405)

Best time in course: 1:13:54

Rank in category: 7(of 28)

Best time in the category: 1:23:45

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	51:50	5:11	7	8:35	159	13:16	10.00	51:50	5:11	7	8:35	159	13:16
Finish	10.00	53:19	5:19	8	12:49	228	17:59	20.00	1:45:09	5:15	7	21:24	191	31:15