



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Fritzschnier, Helge

Club: Laufftreff Breitungen

Number: 200

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:45:07

Speed: 11.42 km/h

Running performance: 5:16 min/km

Rank in course/Total: 210 (of 552)

Rank in course/Men: 190 (of 405)

Best time in course: 1:13:54

Rank in category: 34(of 76)

Best time in the category: 1:22:39

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	53:17	5:19	31	10:49	188	14:43	10.00	53:17	5:19	31	10:49	188	14:43
Finish	10.00	51:50	5:11	35	11:58	202	16:30	20.00	1:45:07	5:15	34	22:28	190	31:13