



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Golletz, Frank

Club: 50Hertz

Number: 507

Course: 20.00 km

20km Strecke

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:45:26

Speed: 11.38 km/h

Running performance: 5:16 min/km

Rank in course/Total: 215 (of 552)

Rank in course/Men: 195 (of 405)

Best time in course: 1:13:54

Rank in category: 8(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	53:53	5:23	8	10:38	197	15:19	10.00	53:53	5:23	8	10:38	197	15:19
Finish	10.00	51:33	5:09	6	11:03	195	16:13	20.00	1:45:26	5:16	8	21:41	195	31:32