



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Friedrich, Marcel

Club: Schwallungen

Number: 31

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:46:47

Speed: 11.24 km/h

Running performance: 5:20 min/km

Rank in course/Total: 230 (of 552)

Rank in course/Men: 208 (of 405)

Best time in course: 1:13:54

Rank in category: 31(of 56)

Best time in the category: 1:16:17

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	54:31	5:27	33	15:13	211	15:57	10.00	54:31	5:27	33	15:13	211	15:57
Finish	10.00	52:16	5:13	33	15:17	211	16:56	20.00	1:46:47	5:20	31	30:30	208	32:53