



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Dalbert, Frank

Club: Chaosteam+Run4Fun

Number: 110

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:47:19

Speed: 11.18 km/h

Running performance: 5:22 min/km

Rank in course/Total: 239 (of 552)

Rank in course/Men: 214 (of 405)

Best time in course: 1:13:54

Rank in category: 36(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	54:44	5:28	37	12:16	216	16:10	10.00	54:44	5:28	37	12:16	216	16:10
Finish	10.00	52:35	5:15	37	12:43	215	17:15	20.00	1:47:19	5:21	36	24:40	214	33:25