



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Hofmann, Falk

Club: Gräfenenthal

Number: 325

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:50:42

Speed: 10.84 km/h

Running performance: 5:32 min/km

Rank in course/Total: 295 (of 552)

Rank in course/Men: 256 (of 405)

Best time in course: 1:13:54

Rank in category: 43(of 76)

Best time in the category: 1:22:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
10 km	10.00	55:59	5:35	45	13:31	248	17:25	10.00	55:59	5:35	45	13:31	248	17:25
Finish	10.00	54:43	5:28	45	14:51	264	19:23	20.00	1:50:42	5:32	43	28:03	256	36:48