



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Fasold, Frank

Club: FC

Number: 29

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:51:47

Speed: 10.74 km/h

Running performance: 5:35 min/km

Rank in course/Total: 309 (of 552)

Rank in course/Men: 267 (of 405)

Best time in course: 1:13:54

Rank in category: 43(of 59)

Best time in the category: 1:15:34

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	57:50	5:46	45	18:33	288	19:16	10.00	57:50	5:46	45	18:33	288	19:16
Finish	10.00	53:57	5:23	40	17:40	245	18:37	20.00	1:51:47	5:35	43	36:13	267	37:53