



26. Rennsteig Herbstlauf
Masserberg / 02.10.2016

Detailed evaluation

Gruschka, Wolfgang

Club: Trailrunning-Harz
Number: 10045

Course: 10.00 km
10km Strecke

Category:
Senioren M55 (55-59 Jahre)

Total time: 51:42

Speed: 11.61 km/h
Running performance: 5:10 min/km

Rank in course/Total: 42 (of 205)

Rank in course/Men: 35 (of 105)

Best time in course: 37:55

Rank in category: 4(of 7)

Best time in the category: 39:08