



26. Rennsteig Herbstlauf  
Masserberg / 02.10.2016

Detailed evaluation

Rodenkirchen, Wilfried

Club: Rudolstadt

Number: 10127

Course: 10.00 km

10km Strecke

Category:

Senioren M55 (55-59 Jahre)

Total time: 52:00

Speed: 11.54 km/h

Running performance: 5:12 min/km

Rank in course/Total: 43 (of 205)

Rank in course/Men: 36 (of 105)

Best time in course: 37:55

Rank in category: 5(of 7)

Best time in the category: 39:08