



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Schrodt, Freddy

Club: Simply The Rest

Number: 318

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:54:50

Speed: 10.45 km/h

Running performance: 5:44 min/km

Rank in course/Total: 352 (of 552)

Rank in course/Men: 300 (of 405)

Best time in course: 1:13:54

Rank in category: 56(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.	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	59:53	5:59	61	17:25	326	21:19	10.00	59:53	5:59	61	17:25	326	21:19
Finish	10.00	54:57	5:29	48	15:05	271	19:37	20.00	1:54:50	5:44	56	32:11	300	40:56