



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Wölfel, Roland

Club: Sonntagsläufer

Number: 601

Course: 20.00 km

20km Strecke

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:56:50

Speed: 10.27 km/h

Running performance: 5:50 min/km

Rank in course/Total: 375 (of 552)

Rank in course/Men: 316 (of 405)

Best time in course: 1:13:54

Rank in category: 17(of 28)

Best time in the category: 1:23:45

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
10 km	10.00	58:50	5:53	16	15:35	306	20:16	10.00	58:50	5:53	16	15:35	306	20:16
Finish	10.00	58:00	5:47	18	17:30	320	22:40	20.00	1:56:50	5:50	17	33:05	316	42:56