



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Holland-Moritz, Georg

Club: LG Frauenwald

Number: 562

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:59:18

Speed: 10.06 km/h

Running performance: 5:58 min/km

Rank in course/Total: 401 (of 552)

Rank in course/Men: 332 (of 405)

Best time in course: 1:13:54

Rank in category: 61(of 76)

Best time in the category: 1:22:39

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	1:01:28	6:08	64	19:00	347	22:54	10.00	1:01:28	6:08	64	19:00	347	22:54
Finish	10.00	57:50	5:46	60	17:58	317	22:30	20.00	1:59:18	5:57	61	36:39	332	45:24