



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Friedrich, Axel

Club: WSV 08 Lauscha

Number: 152

Course: 20.00 km

20km Strecke

Category:

Senioren M65 (65-69 Jahre)

Total time: 2:01:40

Speed: 9.86 km/h

Running performance: 6:05 min/km

Rank in course/Total: 424 (of 552)

Rank in course/Men: 346 (of 405)

Best time in course: 1:13:54

Rank in category: 5(of 8)

Best time in the category: 1:46:24

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	1:00:43	6:04	5	6:13	338	22:09	10.00	1:00:43	6:04	5	6:13	338	22:09
Finish	10.00	1:00:57	6:05	6	9:03	349	25:37	20.00	2:01:40	6:05	5	15:16	346	47:46