



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Grothe, Frank

Club: Neuhaus

Number: 618

Course: 20.00 km

20km Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:02:59

Speed: 9.76 km/h

Running performance: 6:09 min/km

Rank in course/Total: 440 (of 552)

Rank in course/Men: 355 (of 405)

Best time in course: 1:13:54

Rank in category: 42(of 51)

Best time in the category: 1:18:53

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	1:03:00	6:17	42	22:48	362	24:26	10.00	1:03:00	6:17	42	22:48	362	24:26
Finish	10.00	59:59	5:59	42	21:18	343	24:39	20.00	2:02:59	6:08	42	44:06	355	49:05