



26. Rennsteig Herbstlauf  
Masserberg / 02.10.2016

Detailed evaluation

Dömming, Olaf

Club: SV Werra 07 HBN  
Number: 10107

Course: 10.00 km  
10km Strecke

Category:  
Senioren M45 (45-49 Jahre)

Total time: 39:43

Speed: 15.11 km/h  
Running performance: 3:58 min/km

Rank in course/Total: 7 (of 205)

Rank in course/Men: 7 (of 105)

Best time in course: 37:55

Rank in category: 1(of 15)

Best time in the category: 39:43