



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Fernandes, Frank

Club: Veilsdorf

Number: 14

Course: 20.00 km

20km Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:10:25

Speed: 9.20 km/h

Running performance: 6:31 min/km

Rank in course/Total: 499 (of 552)

Rank in course/Men: 382 (of 405)

Best time in course: 1:13:54

Rank in category: 47(of 51)

Best time in the category: 1:18:53

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	1:06:34	6:39	47	26:22	386	28:00	10.00	1:06:34	6:39	47	26:22	386	28:00
Finish	10.00	1:03:51	6:23	45	25:10	370	28:31	20.00	2:10:25	6:31	47	51:32	382	56:31