



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Friedrich, Jürgen

Club: Laufburschen Ilmenau

Number: 412

Course: 20.00 km

20km Strecke

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:11:40

Speed: 9.11 km/h

Running performance: 6:35 min/km

Rank in course/Total: 501 (of 552)

Rank in course/Men: 384 (of 405)

Best time in course: 1:13:54

Rank in category: 26(of 28)

Best time in the category: 1:23:45

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	1:06:43	6:40	26	23:28	388	28:09	10.00	1:06:43	6:40	26	23:28	388	28:09
Finish	10.00	1:04:57	6:29	24	24:27	380	29:37	20.00	2:11:40	6:34	26	47:55	384	57:46