



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Freitag, Roman

Club: Kath. Laufjugend ARN

Number: 363

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:23:57

Speed: 14.29 km/h

Running performance: 4:12 min/km

Rank in course/Total: 20 (of 552)

Rank in course/Men: 19 (of 405)

Best time in course: 1:13:54

Rank in category: 7(of 61)

Best time in the category: 1:15:59

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	43:11	4:19	10	3:36	21	4:37	10.00	43:11	4:19	10	3:36	21	4:37
Finish	10.00	40:46	4:04	7	4:22	20	5:26	20.00	1:23:57	4:11	7	7:58	19	10:03