



# 26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

## Detailed evaluation

**Albert, Frank**

Club: Nöpke

Number: 134

Course: 20.00 km

20km Strecke

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:28:46

Speed: 8.07 km/h

Running performance: 7:26 min/km

Rank in course/Total: 547 (of 552)

Rank in course/Men: 404 (of 405)

Best time in course: 1:13:54

Rank in category: 28(of 28)

Best time in the category: 1:23:45

### 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	1:11:38	7:09	28	28:23	400	33:04	10.00	1:11:38	7:09	28	28:23	400	33:04
Finish	10.00	1:17:08	7:42	28	36:38	404	41:48	20.00	2:28:46	7:26	28	1:05:01	404	1:14:52