



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Fröhlich, Matthias

Club: SC Kemmern

Number: 343

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:25:24

Speed: 14.05 km/h

Running performance: 4:16 min/km

Rank in course/Total: 26 (of 552)

Rank in course/Men: 24 (of 405)

Best time in course: 1:13:54

Rank in category: 10(of 61)

Best time in the category: 1:15:59

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	43:04	4:18	9	3:29	20	4:30	10.00	43:04	4:18	9	3:29	20	4:30
Finish	10.00	42:20	4:14	12	5:56	31	7:00	20.00	1:25:24	4:16	10	9:25	24	11:30