



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Vasterling, Frank

Club: TSV Jahn Geisleden

Number: 537

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:25:30

Speed: 14.04 km/h

Running performance: 4:17 min/km

Rank in course/Total: 27 (of 552)

Rank in course/Men: 25 (of 405)

Best time in course: 1:13:54

Rank in category: 4(of 76)

Best time in the category: 1:22:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
10 km	10.00	44:51	4:29	5	2:23	37	6:17	10.00	44:51	4:29	5	2:23	37	6:17
Finish	10.00	40:39	4:03	3	0:47	19	5:19	20.00	1:25:30	4:16	4	2:51	25	11:36