



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Schönborn, Frank

Club: Lauffreunde Gotha

Number: 467

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:26:19

Speed: 13.90 km/h

Running performance: 4:19 min/km

Rank in course/Total: 33 (of 552)

Rank in course/Men: 30 (of 405)

Best time in course: 1:13:54

Rank in category: 5(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
10 km	10.00	44:17	4:25	4	1:49	31	5:43	10.00	44:17	4:25	4	1:49	31	5:43
Finish	10.00	42:02	4:12	5	2:10	26	6:42	20.00	1:26:19	4:18	5	3:40	30	12:25