



16. Rennsteig-Querung  
Pummpälz-Region / 30.06.2019

Detailed evaluation

Albrecht, Frank

Club: Altes Eisen/marathon4you.de  
Number: 1531

Course: 42.19 km  
Höllwand-Marathon

Category:  
Senioren M55 (55-59 Jahre)

Total time: 6:49:18

Speed: 6.16 km/h  
Running performance: 9:42 min/km

Rank in course/Total: 34 (of 42)

Rank in course/Men: 26 (of 31)

Best time in course: 3:58:15

Rank in category: 5(of 6)

Best time in the category: 5:46:12