



# 26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

## Detailed evaluation

**Arnold, Michael**

Club: Harzer Roller Club

Number: 564

Course: 20.00 km

20km Strecke

Category:

Männer (20-29 Jahre)

Total time: 1:26:47

Speed: 13.83 km/h

Running performance: 4:20 min/km

Rank in course/Total: 35 (of 552)

Rank in course/Men: 32 (of 405)

Best time in course: 1:13:54

Rank in category: 4(of 34)

Best time in the category: 1:13:54

### 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	44:37	4:27	4	6:03	34	6:03	10.00	44:37	4:27	4	6:03	34	6:03
Finish	10.00	42:10	4:13	3	6:50	28	6:50	20.00	1:26:47	4:20	4	12:53	32	12:53