



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Ernst, Volkmar

Club: Saalfelder LV

Number: 616

Course: 20.00 km

20km Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:27:31

Speed: 13.71 km/h

Running performance: 4:23 min/km

Rank in course/Total: 38 (of 552)

Rank in course/Men: 35 (of 405)

Best time in course: 1:13:54

Rank in category: 2(of 51)

Best time in the category: 1:18:53

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	44:38	4:27	2	4:26	35	6:04	10.00	44:38	4:27	2	4:26	35	6:04
Finish	10.00	42:53	4:17	2	4:12	37	7:33	20.00	1:27:31	4:22	2	8:38	35	13:37