



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Kirchner, Holger

Club: SV Werra 07 HBN

Number: 525

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:27:51

Speed: 13.66 km/h

Running performance: 4:23 min/km

Rank in course/Total: 40 (of 552)

Rank in course/Men: 37 (of 405)

Best time in course: 1:13:54

Rank in category: 3(of 59)

Best time in the category: 1:15:34

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	45:24	4:32	4	6:07	41	6:50	10.00	45:24	4:32	4	6:07	41	6:50
Finish	10.00	42:27	4:14	3	6:10	32	7:07	20.00	1:27:51	4:23	3	12:17	37	13:57