



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Müller, Benjamin

Club: Born To Run

Number: 182

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:28:08

Speed: 13.62 km/h

Running performance: 4:25 min/km

Rank in course/Total: 41 (of 552)

Rank in course/Men: 38 (of 405)

Best time in course: 1:13:54

Rank in category: 14(of 61)

Best time in the category: 1:15:59

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
10 km	10.00	44:36	4:27	15	5:01	33	6:02	10.00	44:36	4:27	15	5:01	33	6:02
Finish	10.00	43:32	4:21	15	7:08	47	8:12	20.00	1:28:08	4:24	14	12:09	38	14:14