



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Ledig, Michael

Club: SV1885 Teutschenthal

Number: 99

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:28:26

Speed: 13.57 km/h

Running performance: 4:25 min/km

Rank in course/Total: 42 (of 552)

Rank in course/Men: 39 (of 405)

Best time in course: 1:13:54

Rank in category: 15(of 61)

Best time in the category: 1:15:59

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	44:58	4:29	16	5:23	38	6:24	10.00	44:58	4:29	16	5:23	38	6:24
Finish	10.00	43:28	4:20	14	7:04	46	8:08	20.00	1:28:26	4:25	15	12:27	39	14:32