



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Fleischer, Jens

Club: Stiftung Wadentest

Number: 336

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:28:47

Speed: 13.52 km/h

Running performance: 4:26 min/km

Rank in course/Total: 45 (of 552)

Rank in course/Men: 42 (of 405)

Best time in course: 1:13:54

Rank in category: 5(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
10 km	10.00	45:09	4:30	3	5:52	39	6:35	10.00	45:09	4:30	3	5:52	39	6:35
Finish	10.00	43:38	4:21	5	7:21	49	8:18	20.00	1:28:47	4:26	5	13:13	42	14:53