



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Kurch, David

Club: Laufexpress Rudolsta

Number: 630

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:28:45

Speed: 13.52 km/h

Running performance: 4:26 min/km

Rank in course/Total: 44 (of 552)

Rank in course/Men: 41 (of 405)

Best time in course: 1:13:54

Rank in category: 16(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	43:48	4:22	13	4:13	27	5:14	10.00	43:48	4:22	13	4:13	27	5:14
Finish	10.00	44:57	4:29	20	8:33	69	9:37	20.00	1:28:45	4:26	16	12:46	41	14:51