



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Leuthäuser, Ralf

Club: LG Süd

Number: 496

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:28:39

Speed: 13.54 km/h

Running performance: 4:26 min/km

Rank in course/Total: 43 (of 552)

Rank in course/Men: 40 (of 405)

Best time in course: 1:13:54

Rank in category: 4(of 59)

Best time in the category: 1:15:34

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	45:25	4:32	5	6:08	42	6:51	10.00	45:25	4:32	5	6:08	42	6:51
Finish	10.00	43:14	4:19	4	6:57	40	7:54	20.00	1:28:39	4:25	4	13:05	40	14:45