



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Hofmann, Mario

Club: Flinke Gerataler

Number: 523

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:29:25

Speed: 13.42 km/h

Running performance: 4:28 min/km

Rank in course/Total: 48 (of 552)

Rank in course/Men: 45 (of 405)

Best time in course: 1:13:54

Rank in category: 6(of 76)

Best time in the category: 1:22:39

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	46:11	4:37	7	3:43	52	7:37	10.00	46:11	4:37	7	3:43	52	7:37
Finish	10.00	43:14	4:19	6	3:22	40	7:54	20.00	1:29:25	4:28	6	6:46	45	15:31