



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Juhrs, Stephan

Club: flinke FüÙe L-O

Number: 58

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:29:34

Speed: 13.40 km/h

Running performance: 4:29 min/km

Rank in course/Total: 51 (of 552)

Rank in course/Men: 48 (of 405)

Best time in course: 1:13:54

Rank in category: 7(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	45:28	4:32	6	3:00	43	6:54	10.00	45:28	4:32	6	3:00	43	6:54
Finish	10.00	44:06	4:24	8	4:14	54	8:46	20.00	1:29:34	4:28	7	6:55	48	15:40