



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Kerst, Alexander

Club: WalschbergRunners

Number: 38

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:29:44

Speed: 13.37 km/h

Running performance: 4:29 min/km

Rank in course/Total: 53 (of 552)

Rank in course/Men: 50 (of 405)

Best time in course: 1:13:54

Rank in category: 17(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	45:30	4:32	17	5:55	44	6:56	10.00	45:30	4:32	17	5:55	44	6:56
Finish	10.00	44:14	4:25	18	7:50	56	8:54	20.00	1:29:44	4:29	17	13:45	50	15:50