



# 26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

## Detailed evaluation

**Röschke, Dirk**

Club: BOOTCAMPER

Number: 144

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:30:49

Speed: 13.21 km/h

Running performance: 4:32 min/km

Rank in course/Total: 60 (of 552)

Rank in course/Men: 57 (of 405)

Best time in course: 1:13:54

Rank in category: 8(of 76)

Best time in the category: 1:22:39

### 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	47:32	4:45	11	5:04	79	8:58	10.00	47:32	4:45	11	5:04	79	8:58
Finish	10.00	43:17	4:19	7	3:25	44	7:57	20.00	1:30:49	4:32	8	8:10	57	16:55