



# 26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

## Detailed evaluation

**Koch, Daniel**

Club: SV EK Veilsdorf

Number: 368

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:30:50

Speed: 13.21 km/h

Running performance: 4:32 min/km

Rank in course/Total: 61 (of 552)

Rank in course/Men: 58 (of 405)

Best time in course: 1:13:54

Rank in category: 9(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	46:14	4:37	8	3:46	54	7:40	10.00	46:14	4:37	8	3:46	54	7:40
Finish	10.00	44:36	4:27	10	4:44	64	9:16	20.00	1:30:50	4:32	9	8:11	58	16:56