



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Gramann, Alexander

Club: SV Rot-Weiß Mehmels

Number: 454

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:30:25

Speed: 13.27 km/h

Running performance: 4:31 min/km

Rank in course/Total: 57 (of 552)

Rank in course/Men: 54 (of 405)

Best time in course: 1:13:54

Rank in category: 18(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	45:45	4:34	18	6:10	47	7:11	10.00	45:45	4:34	18	6:10	47	7:11
Finish	10.00	44:40	4:28	19	8:16	66	9:20	20.00	1:30:25	4:31	18	14:26	54	16:31