



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Grell, Matthias

Club: Running Bros Coburg

Number: 473

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:30:52

Speed: 13.21 km/h

Running performance: 4:32 min/km

Rank in course/Total: 62 (of 552)

Rank in course/Men: 59 (of 405)

Best time in course: 1:13:54

Rank in category: 19(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
10 km	10.00	47:16	4:43	21	7:41	74	8:42	10.00	47:16	4:43	21	7:41	74	8:42
Finish	10.00	43:36	4:21	16	7:12	48	8:16	20.00	1:30:52	4:32	19	14:53	59	16:58