



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Gehler, Michael

Club: Hainaer SV

Number: 282

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:30:55

Speed: 13.20 km/h

Running performance: 4:33 min/km

Rank in course/Total: 63 (of 552)

Rank in course/Men: 60 (of 405)

Best time in course: 1:13:54

Rank in category: 10(of 76)

Best time in the category: 1:22:39

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
10 km	10.00	46:29	4:38	9	4:01	59	7:55	10.00	46:29	4:38	9	4:01	59	7:55
Finish	10.00	44:26	4:26	9	4:34	60	9:06	20.00	1:30:55	4:32	10	8:16	60	17:01