



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Lämmlein, Markus

Club: FFW Untertztlitz

Number: 495

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:31:53

Speed: 13.06 km/h

Running performance: 4:35 min/km

Rank in course/Total: 68 (of 552)

Rank in course/Men: 64 (of 405)

Best time in course: 1:13:54

Rank in category: 10(of 56)

Best time in the category: 1:16:17

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	47:24	4:44	13	8:06	77	8:50	10.00	47:24	4:44	13	8:06	77	8:50
Finish	10.00	44:29	4:26	11	7:30	62	9:09	20.00	1:31:53	4:35	10	15:36	64	17:59