



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Sommer, Andreas

Club: Erfurt
Number: 382

Course: 20.00 km
20km Strecke

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:30:55

Speed: 13.20 km/h
Running performance: 4:33 min/km

Rank in course/Total: 64 (of 552)

Rank in course/Men: 60 (of 405)

Best time in course: 1:13:54

Rank in category: 6(of 59)

Best time in the category: 1:15:34

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	46:58	4:41	8	7:41	70	8:24	10.00	46:58	4:41	8	7:41	70	8:24
Finish	10.00	43:57	4:23	6	7:40	52	8:37	20.00	1:30:55	4:32	6	15:21	60	17:01