



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 |