



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Busch, Carsten

Club: codematix runners

Number: 257

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:32:24

Speed: 12.99 km/h

Running performance: 4:37 min/km

Rank in course/Total: 72 (of 552)

Rank in course/Men: 67 (of 405)

Best time in course: 1:13:54

Rank in category: 11(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	46:57	4:41	10	4:29	69	8:23	10.00	46:57	4:41	10	4:29	69	8:23
Finish	10.00	45:27	4:32	12	5:35	75	10:07	20.00	1:32:24	4:37	11	9:45	67	18:30