



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Stein, Christian

Club: Marlishausen

Number: 580

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:32:22

Speed: 12.99 km/h

Running performance: 4:37 min/km

Rank in course/Total: 71 (of 552)

Rank in course/Men: 66 (of 405)

Best time in course: 1:13:54

Rank in category: 21(of 61)

Best time in the category: 1:15:59

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	46:51	4:41	19	7:16	64	8:17	10.00	46:51	4:41	19	7:16	64	8:17
Finish	10.00	45:31	4:33	22	9:07	77	10:11	20.00	1:32:22	4:37	21	16:23	66	18:28