



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Nahr, Lukas

Club: SV 08 Steinach

Number: 464

Course: 20.00 km

20km Strecke

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 1:32:31

Speed: 12.97 km/h

Running performance: 4:38 min/km

Rank in course/Total: 74 (of 552)

Rank in course/Men: 69 (of 405)

Best time in course: 1:13:54

Rank in category: 2(of 6)

Best time in the category: 1:29:25

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	45:32	4:33	1	-	45	6:58	10.00	45:32	4:33	1	-	45	6:58
Finish	10.00	46:59	4:41	2	3:45	105	11:39	20.00	1:32:31	4:37	2	3:06	69	18:37