



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Ziegler, Martin

Club: Döllbergverein Suhl

Number: 9

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:32:33

Speed: 12.97 km/h

Running performance: 4:38 min/km

Rank in course/Total: 75 (of 552)

Rank in course/Men: 70 (of 405)

Best time in course: 1:13:54

Rank in category: 22(of 61)

Best time in the category: 1:15:59

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	46:56	4:41	20	7:21	68	8:22	10.00	46:56	4:41	20	7:21	68	8:22
Finish	10.00	45:37	4:33	23	9:13	78	10:17	20.00	1:32:33	4:37	22	16:34	70	18:39