



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Melle, Marko

Club: Laufexpress Rudolsta

Number: 271

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:32:51

Speed: 12.92 km/h

Running performance: 4:38 min/km

Rank in course/Total: 79 (of 552)

Rank in course/Men: 73 (of 405)

Best time in course: 1:13:54

Rank in category: 12(of 56)

Best time in the category: 1:16:17

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	47:14	4:43	12	7:56	72	8:40	10.00	47:14	4:43	12	7:56	72	8:40
Finish	10.00	45:37	4:33	14	8:38	78	10:17	20.00	1:32:51	4:38	12	16:34	73	18:57