



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Abraham, Daniel

Club: LG Ohra-Energie Tambach-Dietharz

Number: 643

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:15:34

Speed: 15.88 km/h

Running performance: 3:47 min/km

Rank in course/Total: 2 (of 552)

Rank in course/Men: 2 (of 405)

Best time in course: 1:13:54

Rank in category: 1(of 59)

Best time in the category: 1:15:34

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	39:17	3:55	1	-	2	0:43	10.00	39:17	3:55	1	-	2	0:43
Finish	10.00	36:17	3:37	1	-	2	0:57	20.00	1:15:34	3:46	1	-	2	1:40