



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Lemme, Tobias

Club: Suhler Döllberg e.V.

Number: 540

Course: 20.00 km

20km Strecke

Category:

Männer (20-29 Jahre)

Total time: 1:33:00

Speed: 12.90 km/h

Running performance: 4:39 min/km

Rank in course/Total: 80 (of 552)

Rank in course/Men: 74 (of 405)

Best time in course: 1:13:54

Rank in category: 10(of 34)

Best time in the category: 1:13:54

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
10 km	10.00	47:21	4:44	11	8:47	76	8:47	10.00	47:21	4:44	11	8:47	76	8:47
Finish	10.00	45:39	4:33	12	10:19	82	10:19	20.00	1:33:00	4:39	10	19:06	74	19:06