



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Rutkowski, Nils

Club: Meiningen

Number: 377

Course: 20.00 km

20km Strecke

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:33:18

Speed: 12.86 km/h

Running performance: 4:40 min/km

Rank in course/Total: 86 (of 552)

Rank in course/Men: 80 (of 405)

Best time in course: 1:13:54

Rank in category: 3(of 28)

Best time in the category: 1:23:45

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total ranking		
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
10 km	10.00	46:39	4:39	3	3:24	61	8:05	10.00	46:39	4:39	3	3:24	61	8:05
Finish	10.00	46:39	4:39	4	6:09	98	11:19	20.00	1:33:18	4:39	3	9:33	80	19:24