



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Jacobi, René

Club: Bootcamper

Number: 161

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:33:50

Speed: 12.79 km/h

Running performance: 4:41 min/km

Rank in course/Total: 91 (of 552)

Rank in course/Men: 84 (of 405)

Best time in course: 1:13:54

Rank in category: 12(of 76)

Best time in the category: 1:22:39

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	48:26	4:50	12	5:58	88	9:52	10.00	48:26	4:50	12	5:58	88	9:52
Finish	10.00	45:24	4:32	11	5:32	74	10:04	20.00	1:33:50	4:41	12	11:11	84	19:56