



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Krauß, Andreas

Club: WSV 08 Lauscha

Number: 609

Course: 20.00 km

20km Strecke

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:34:14

Speed: 12.73 km/h

Running performance: 4:43 min/km

Rank in course/Total: 94 (of 552)

Rank in course/Men: 87 (of 405)

Best time in course: 1:13:54

Rank in category: 4(of 28)

Best time in the category: 1:23:45

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	48:17	4:49	4	5:02	86	9:43	10.00	48:17	4:49	4	5:02	86	9:43
Finish	10.00	45:57	4:35	3	5:27	86	10:37	20.00	1:34:14	4:42	4	10:29	87	20:20