



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Schlick, Alexander

Club: Wetzstein Lehesten

Number: 378

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:33:45

Speed: 12.80 km/h

Running performance: 4:41 min/km

Rank in course/Total: 90 (of 552)

Rank in course/Men: 83 (of 405)

Best time in course: 1:13:54

Rank in category: 14(of 56)

Best time in the category: 1:16:17

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	49:15	4:55	20	9:57	102	10:41	10.00	49:15	4:55	20	9:57	102	10:41
Finish	10.00	44:30	4:27	12	7:31	63	9:10	20.00	1:33:45	4:41	14	17:28	83	19:51