



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Knapp, Matthias

Club: GutsMuths RSLV

Number: 306

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:15:59

Speed: 15.79 km/h

Running performance: 3:48 min/km

Rank in course/Total: 3 (of 552)

Rank in course/Men: 3 (of 405)

Best time in course: 1:13:54

Rank in category: 1(of 61)

Best time in the category: 1:15:59

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	39:35	3:57	1	-	5	1:01	10.00	39:35	3:57	1	-	5	1:01
Finish	10.00	36:24	3:38	1	-	3	1:04	20.00	1:15:59	3:47	1	-	3	2:05