



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Höroid, Ronny

Club: Amt Wachsenburg

Number: 396

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:35:27

Speed: 12.57 km/h

Running performance: 4:46 min/km

Rank in course/Total: 102 (of 552)

Rank in course/Men: 95 (of 405)

Best time in course: 1:13:54

Rank in category: 12(of 59)

Best time in the category: 1:15:34

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	49:45	4:58	14	10:28	111	11:11	10.00	49:45	4:58	14	10:28	111	11:11
Finish	10.00	45:42	4:34	10	9:25	83	10:22	20.00	1:35:27	4:46	12	19:53	95	21:33