



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Walz, Michael

Club: Run4fun

Number: 386

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:35:32

Speed: 12.56 km/h

Running performance: 4:47 min/km

Rank in course/Total: 103 (of 552)

Rank in course/Men: 96 (of 405)

Best time in course: 1:13:54

Rank in category: 14(of 76)

Best time in the category: 1:22:39

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	49:35	4:57	15	7:07	106	11:01	10.00	49:35	4:57	15	7:07	106	11:01
Finish	10.00	45:57	4:35	14	6:05	86	10:37	20.00	1:35:32	4:46	14	12:53	96	21:38