



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Lauterbach, Helge

Club: SSV Erfurt 02

Number: 620

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:35:22

Speed: 12.58 km/h

Running performance: 4:46 min/km

Rank in course/Total: 101 (of 552)

Rank in course/Men: 94 (of 405)

Best time in course: 1:13:54

Rank in category: 11(of 59)

Best time in the category: 1:15:34

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	50:04	5:00	15	10:47	114	11:30	10.00	50:04	5:00	15	10:47	114	11:30
Finish	10.00	45:18	4:31	9	9:01	71	9:58	20.00	1:35:22	4:46	11	19:48	94	21:28