



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Panse, Jens

Club: USV Erfurt

Number: 498

Course: 20.00 km

20km Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:35:54

Speed: 12.51 km/h

Running performance: 4:48 min/km

Rank in course/Total: 106 (of 552)

Rank in course/Men: 99 (of 405)

Best time in course: 1:13:54

Rank in category: 7(of 51)

Best time in the category: 1:18:53

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	48:51	4:53	7	8:39	95	10:17	10.00	48:51	4:53	7	8:39	95	10:17
Finish	10.00	47:03	4:42	8	8:22	106	11:43	20.00	1:35:54	4:47	7	17:01	99	22:00