



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Muhl, Torsten

Club: Raanzer LG

Number: 173

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:35:55

Speed: 12.51 km/h

Running performance: 4:48 min/km

Rank in course/Total: 107 (of 552)

Rank in course/Men: 100 (of 405)

Best time in course: 1:13:54

Rank in category: 16(of 76)

Best time in the category: 1:22:39

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	50:10	5:00	18	7:42	118	11:36	10.00	50:10	5:00	18	7:42	118	11:36
Finish	10.00	45:45	4:34	13	5:53	84	10:25	20.00	1:35:55	4:47	16	13:16	100	22:01