



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Arnold, René

Club: SSV Erfurt 02

Number: 163

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:36:14

Speed: 12.47 km/h

Running performance: 4:49 min/km

Rank in course/Total: 111 (of 552)

Rank in course/Men: 104 (of 405)

Best time in course: 1:13:54

Rank in category: 15(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	50:11	5:01	17	10:54	119	11:37	10.00	50:11	5:01	17	10:54	119	11:37
Finish	10.00	46:03	4:36	11	9:46	88	10:43	20.00	1:36:14	4:48	15	20:40	104	22:20