



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Reinke, Christoph

Club: GutsMuths RSLV

Number: 44

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:36:31

Speed: 12.43 km/h

Running performance: 4:50 min/km

Rank in course/Total: 113 (of 552)

Rank in course/Men: 106 (of 405)

Best time in course: 1:13:54

Rank in category: 26(of 61)

Best time in the category: 1:15:59

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	49:43	4:58	27	10:08	109	11:09	10.00	49:43	4:58	27	10:08	109	11:09
Finish	10.00	46:48	4:40	27	10:24	102	11:28	20.00	1:36:31	4:49	26	20:32	106	22:37