



# 26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

## Detailed evaluation

**Gütschow, Arne**

Club: Genussläufer

Number: 344

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:36:04

Speed: 12.49 km/h

Running performance: 4:48 min/km

Rank in course/Total: 108 (of 552)

Rank in course/Men: 101 (of 405)

Best time in course: 1:13:54

Rank in category: 13(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	47:33	4:45	9	8:16	80	8:59	10.00	47:33	4:45	9	8:16	80	8:59
Finish	10.00	48:31	4:51	19	12:14	125	13:11	20.00	1:36:04	4:48	13	20:30	101	22:10