



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Soppart, Daniel

Club: Stadtilm

Number: 350

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:37:05

Speed: 12.36 km/h

Running performance: 4:51 min/km

Rank in course/Total: 118 (of 552)

Rank in course/Men: 109 (of 405)

Best time in course: 1:13:54

Rank in category: 19(of 56)

Best time in the category: 1:16:17

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	48:44	4:52	15	9:26	92	10:10	10.00	48:44	4:52	15	9:26	92	10:10
Finish	10.00	48:21	4:50	20	11:22	123	13:01	20.00	1:37:05	4:51	19	20:48	109	23:11