



# 26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

## Detailed evaluation

**Amarell, Alex**

Club: Schleusingen

Number: 208

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:37:01

Speed: 12.37 km/h

Running performance: 4:51 min/km

Rank in course/Total: 117 (of 552)

Rank in course/Men: 108 (of 405)

Best time in course: 1:13:54

Rank in category: 18(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	49:42	4:58	21	10:24	108	11:08	10.00	49:42	4:58	21	10:24	108	11:08
Finish	10.00	47:19	4:43	18	10:20	108	11:59	20.00	1:37:01	4:51	18	20:44	108	23:07