



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Scheumann, Lars

Club: HoheWarteTrailrunnin

Number: 228

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:36:21

Speed: 12.45 km/h

Running performance: 4:49 min/km

Rank in course/Total: 112 (of 552)

Rank in course/Men: 105 (of 405)

Best time in course: 1:13:54

Rank in category: 25(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	49:56	4:59	28	10:21	113	11:22	10.00	49:56	4:59	28	10:21	113	11:22
Finish	10.00	46:25	4:38	26	10:01	96	11:05	20.00	1:36:21	4:49	25	20:22	105	22:27