



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Rahimi, Nawid

Club: Ki&JuDorf Regenbogen

Number: 253

Course: 20.00 km

20km Strecke

Category:

männliche Jugend U18 (16-17 Jahre)

Total time: 1:36:55

Speed: 12.38 km/h

Running performance: 4:51 min/km

Rank in course/Total: 116 (of 552)

Rank in course/Men: 107 (of 405)

Best time in course: 1:13:54

Rank in category: 3(of 7)

Best time in the category: 1:25:54

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	49:21	4:56	3	5:06	104	10:47	10.00	49:21	4:56	3	5:06	104	10:47
Finish	10.00	47:34	4:45	3	5:55	113	12:14	20.00	1:36:55	4:50	3	11:01	107	23:01