



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Thomson, John

Club: Jena

Number: 51

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:37:47

Speed: 12.27 km/h

Running performance: 4:53 min/km

Rank in course/Total: 124 (of 552)

Rank in course/Men: 115 (of 405)

Best time in course: 1:13:54

Rank in category: 22(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	50:30	5:02	23	11:12	124	11:56	10.00	50:30	5:02	23	11:12	124	11:56
Finish	10.00	47:17	4:43	17	10:18	107	11:57	20.00	1:37:47	4:53	22	21:30	115	23:53