



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Amthor, Markus

Club: Laufrausch Rudolstadt

Number: 13

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:37:46

Speed: 12.27 km/h

Running performance: 4:53 min/km

Rank in course/Total: 123 (of 552)

Rank in course/Men: 114 (of 405)

Best time in course: 1:13:54

Rank in category: 21(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	48:09	4:48	14	8:51	85	9:35	10.00	48:09	4:48	14	8:51	85	9:35
Finish	10.00	49:37	4:57	24	12:38	150	14:17	20.00	1:37:46	4:53	21	21:29	114	23:52