



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

König, Olaf

Club: GutsMuths RSLV

Number: 639

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:38:05

Speed: 12.23 km/h

Running performance: 4:54 min/km

Rank in course/Total: 126 (of 552)

Rank in course/Men: 117 (of 405)

Best time in course: 1:13:54

Rank in category: 17(of 76)

Best time in the category: 1:22:39

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
10 km	10.00	50:22	5:02	19	7:54	120	11:48	10.00	50:22	5:02	19	7:54	120	11:48
Finish	10.00	47:43	4:46	18	7:51	117	12:23	20.00	1:38:05	4:54	17	15:26	117	24:11