



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Schott, Alexander

Club: WSV Scheibe Alsbach

Number: 139

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:38:07

Speed: 12.23 km/h

Running performance: 4:55 min/km

Rank in course/Total: 129 (of 552)

Rank in course/Men: 119 (of 405)

Best time in course: 1:13:54

Rank in category: 28(of 61)

Best time in the category: 1:15:59

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 | 49:19 | 4:55 | 26 | 9:44 | 103 | 10:45 | 10.00 | 49:19 | 4:55 | 26 | 9:44 | 103 | 10:45 |
| Finish | 10.00 | 48:48 | 4:52 | 31 | 12:24 | 130 | 13:28 | 20.00 | 1:38:07 | 4:54 | 28 | 22:08 | 119 | 24:13 |