



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Lippold, Enrico

Club: Bootcamper

Number: 162

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:38:42

Speed: 12.16 km/h

Running performance: 4:56 min/km

Rank in course/Total: 133 (of 552)

Rank in course/Men: 124 (of 405)

Best time in course: 1:13:54

Rank in category: 18(of 59)

Best time in the category: 1:15:34

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	48:29	4:50	12	9:12	89	9:55	10.00	48:29	4:50	12	9:12	89	9:55
Finish	10.00	50:13	5:01	27	13:56	166	14:53	20.00	1:38:42	4:56	18	23:08	124	24:48