



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Knuth, Jens

Club: Mobile Röthenbach

Number: 603

Course: 20.00 km

20km Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:39:03

Speed: 12.12 km/h

Running performance: 4:57 min/km

Rank in course/Total: 138 (of 552)

Rank in course/Men: 128 (of 405)

Best time in course: 1:13:54

Rank in category: 10(of 51)

Best time in the category: 1:18:53

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	51:19	5:07	13	11:07	144	12:45	10.00	51:19	5:07	13	11:07	144	12:45
Finish	10.00	47:44	4:46	10	9:03	118	12:24	20.00	1:39:03	4:57	10	20:10	128	25:09