



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Müller, Sirko

Club: Waldschrat Berlin-Br

Number: 272

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:39:10

Speed: 12.10 km/h

Running performance: 4:58 min/km

Rank in course/Total: 139 (of 552)

Rank in course/Men: 129 (of 405)

Best time in course: 1:13:54

Rank in category: 20(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	50:24	5:02	18	11:07	122	11:50	10.00	50:24	5:02	18	11:07	122	11:50
Finish	10.00	48:46	4:52	20	12:29	128	13:26	20.00	1:39:10	4:57	20	23:36	129	25:16