



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Altendorf, Nils

Club: Lauffreund.de

Number: 470

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:38:28

Speed: 12.19 km/h

Running performance: 4:55 min/km

Rank in course/Total: 130 (of 552)

Rank in course/Men: 121 (of 405)

Best time in course: 1:13:54

Rank in category: 19(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 | 50:51 | 5:05 | 21 | 8:23 | 128 | 12:17 | 10.00 | 50:51 | 5:05 | 21 | 8:23 | 128 | 12:17 |
| Finish | 10.00 | 47:37 | 4:45 | 17 | 7:45 | 114 | 12:17 | 20.00 | 1:38:28 | 4:55 | 19 | 15:49 | 121 | 24:34 |