



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Beck, Maik

Club: TSV 1921 Haselbach

Number: 403

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:39:47

Speed: 12.03 km/h

Running performance: 4:59 min/km

Rank in course/Total: 141 (of 552)

Rank in course/Men: 131 (of 405)

Best time in course: 1:13:54

Rank in category: 23(of 56)

Best time in the category: 1:16:17

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	49:14	4:55	19	9:56	101	10:40	10.00	49:14	4:55	19	9:56	101	10:40
Finish	10.00	50:33	5:03	29	13:34	176	15:13	20.00	1:39:47	4:59	23	23:30	131	25:53