



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Weiß, Martin

Club: Laufftreff Haunetal

Number: 320

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:40:07

Speed: 11.99 km/h

Running performance: 5:01 min/km

Rank in course/Total: 143 (of 552)

Rank in course/Men: 133 (of 405)

Best time in course: 1:13:54

Rank in category: 21(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
10 km	10.00	51:10	5:06	22	11:53	138	12:36	10.00	51:10	5:06	22	11:53	138	12:36
Finish	10.00	48:57	4:53	21	12:40	132	13:37	20.00	1:40:07	5:00	21	24:33	133	26:13