



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Mannig, Enrico

Club: Römhild

Number: 60

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:40:12

Speed: 11.98 km/h

Running performance: 5:01 min/km

Rank in course/Total: 145 (of 552)

Rank in course/Men: 135 (of 405)

Best time in course: 1:13:54

Rank in category: 21(of 76)

Best time in the category: 1:22:39

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	50:23	5:02	20	7:55	121	11:49	10.00	50:23	5:02	20	7:55	121	11:49
Finish	10.00	49:49	4:58	28	9:57	159	14:29	20.00	1:40:12	5:00	21	17:33	135	26:18