



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Schuhmann, Swen

Club: Laufkundschaft

Number: 633

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: 144 (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	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	50:56	5:05	21	11:39	131	12:22	10.00	50:56	5:05	21	11:39	131	12:22
Finish	10.00	49:11	4:55	22	12:54	137	13:51	20.00	1:40:07	5:00	21	24:33	133	26:13