



## 26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

### Detailed evaluation

#### Radschuwait, Steffen

Club: SoSaunaSchwitzer neV

Number: 329

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:40:22

Speed: 11.96 km/h

Running performance: 5:01 min/km

Rank in course/Total: 146 (of 552)

Rank in course/Men: 136 (of 405)

Best time in course: 1:13:54

Rank in category: 22(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	50:54	5:05	22	8:26	130	12:20	10.00	50:54	5:05	22	8:26	130	12:20
Finish	10.00	49:28	4:56	22	9:36	141	14:08	20.00	1:40:22	5:01	22	17:43	136	26:28