



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 |