



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Held, Thoralf

Club: SSV Erfurt 02

Number: 584

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:40:44

Speed: 11.91 km/h

Running performance: 5:02 min/km

Rank in course/Total: 150 (of 552)

Rank in course/Men: 139 (of 405)

Best time in course: 1:13:54

Rank in category: 23(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	51:12	5:07	24	8:44	140	12:38	10.00	51:12	5:07	24	8:44	140	12:38
Finish	10.00	49:32	4:57	23	9:40	146	14:12	20.00	1:40:44	5:02	23	18:05	139	26:50