



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Quick, Henrich

Club: 50Hertz

Number: 512

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:40:50

Speed: 11.90 km/h

Running performance: 5:02 min/km

Rank in course/Total: 153 (of 552)

Rank in course/Men: 141 (of 405)

Best time in course: 1:13:54

Rank in category: 24(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	52:17	5:13	27	9:49	170	13:43	10.00	52:17	5:13	27	9:49	170	13:43
Finish	10.00	48:33	4:51	20	8:41	126	13:13	20.00	1:40:50	5:02	24	18:11	141	26:56