



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Manthe, Thomas

Club: Schlossberg-Runners

Number: 553

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:40:48

Speed: 11.90 km/h

Running performance: 5:02 min/km

Rank in course/Total: 152 (of 552)

Rank in course/Men: 140 (of 405)

Best time in course: 1:13:54

Rank in category: 24(of 56)

Best time in the category: 1:16:17

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	51:01	5:06	24	11:43	135	12:27	10.00	51:01	5:06	24	11:43	135	12:27
Finish	10.00	49:47	4:58	27	12:48	156	14:27	20.00	1:40:48	5:02	24	24:31	140	26:54