



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Krannich, Steffen

Club: Beachvolleyball Club Altenfeld

Number: 605

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:41:08

Speed: 11.87 km/h

Running performance: 5:04 min/km

Rank in course/Total: 157 (of 552)

Rank in course/Men: 144 (of 405)

Best time in course: 1:13:54

Rank in category: 25(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	51:09	5:06	23	8:41	137	12:35	10.00	51:09	5:06	23	8:41	137	12:35
Finish	10.00	49:59	4:59	30	10:07	163	14:39	20.00	1:41:08	5:03	25	18:29	144	27:14