



## 26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

### Detailed evaluation

**Hermann, Maik**

Club: GutsMuths RSLV

Number: 32

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:40:59

Speed: 11.88 km/h

Running performance: 5:03 min/km

Rank in course/Total: 155 (of 552)

Rank in course/Men: 142 (of 405)

Best time in course: 1:13:54

Rank in category: 31(of 61)

Best time in the category: 1:15:59

### 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	53:20	5:20	39	13:45	190	14:46	10.00	53:20	5:20	39	13:45	190	14:46
Finish	10.00	47:39	4:45	28	11:15	115	12:19	20.00	1:40:59	5:02	31	25:00	142	27:05