



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Mücke, Matthias

Club: SSV Erfurt 02

Number: 220

Course: 20.00 km

20km Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:41:52

Speed: 11.78 km/h

Running performance: 5:05 min/km

Rank in course/Total: 164 (of 552)

Rank in course/Men: 151 (of 405)

Best time in course: 1:13:54

Rank in category: 13(of 51)

Best time in the category: 1:18:53

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	51:37	5:09	14	11:25	148	13:03	10.00	51:37	5:09	14	11:25	148	13:03
Finish	10.00	50:15	5:01	14	11:34	169	14:55	20.00	1:41:52	5:05	13	22:59	151	27:58