



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Carl, Rene

Club: WalschbergRunners

Number: 90

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:41:57

Speed: 11.77 km/h

Running performance: 5:06 min/km

Rank in course/Total: 166 (of 552)

Rank in course/Men: 153 (of 405)

Best time in course: 1:13:54

Rank in category: 25(of 56)

Best time in the category: 1:16:17

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	52:21	5:14	26	13:03	171	13:47	10.00	52:21	5:14	26	13:03	171	13:47
Finish	10.00	49:36	4:57	23	12:37	149	14:16	20.00	1:41:57	5:05	25	25:40	153	28:03