



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Stade, Sven

Club: Suhl

Number: 234

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:42:03

Speed: 11.76 km/h

Running performance: 5:06 min/km

Rank in course/Total: 169 (of 552)

Rank in course/Men: 156 (of 405)

Best time in course: 1:13:54

Rank in category: 25(of 59)

Best time in the category: 1:15:34

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 | 51:44 | 5:10 | 23 | 12:27 | 152 | 13:10 | 10.00 | 51:44 | 5:10 | 23 | 12:27 | 152 | 13:10 |
| Finish | 10.00 | 50:19 | 5:01 | 28 | 14:02 | 171 | 14:59 | 20.00 | 1:42:03 | 5:06 | 25 | 26:29 | 156 | 28:09 |