



# 26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

## Detailed evaluation

**Luc, Ronny**

Club: Langewiesen

Number: 563

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:41:58

Speed: 11.77 km/h

Running performance: 5:06 min/km

Rank in course/Total: 168 (of 552)

Rank in course/Men: 154 (of 405)

Best time in course: 1:13:54

Rank in category: 26(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	52:24	5:14	28	13:06	173	13:50	10.00	52:24	5:14	28	13:06	173	13:50
Finish	10.00	49:34	4:57	22	12:35	148	14:14	20.00	1:41:58	5:05	26	25:41	154	28:04