



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Ohlhorst, Maik

Club: Erdinger Alkoholfrei

Number: 150

Course: 20.00 km

20km Strecke

Category:

Männer (20-29 Jahre)

Total time: 1:42:15

Speed: 11.74 km/h

Running performance: 5:07 min/km

Rank in course/Total: 172 (of 552)

Rank in course/Men: 159 (of 405)

Best time in course: 1:13:54

Rank in category: 20(of 34)

Best time in the category: 1:13:54

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	51:46	5:10	21	13:12	155	13:12	10.00	51:46	5:10	21	13:12	155	13:12
Finish	10.00	50:29	5:02	20	15:09	174	15:09	20.00	1:42:15	5:06	20	28:21	159	28:21