



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Bauer, Sandro

Club: Ronin Thais

Number: 268

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:42:24

Speed: 11.72 km/h

Running performance: 5:07 min/km

Rank in course/Total: 177 (of 552)

Rank in course/Men: 162 (of 405)

Best time in course: 1:13:54

Rank in category: 34(of 61)

Best time in the category: 1:15:59

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	33	12:09	152	13:10	10.00	51:44	5:10	33	12:09	152	13:10
Finish	10.00	50:40	5:03	38	14:16	178	15:20	20.00	1:42:24	5:07	34	26:25	162	28:30