



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Ebert, Raik

Club: Masserberg

Number: 573

Course: 20.00 km

20km Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:42:19

Speed: 11.73 km/h

Running performance: 5:07 min/km

Rank in course/Total: 173 (of 552)

Rank in course/Men: 160 (of 405)

Best time in course: 1:13:54

Rank in category: 15(of 51)

Best time in the category: 1:18:53

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
10 km	10.00	50:56	5:05	8	10:44	131	12:22	10.00	50:56	5:05	8	10:44	131	12:22
Finish	10.00	51:23	5:08	19	12:42	193	16:03	20.00	1:42:19	5:06	15	23:26	160	28:25