



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Thoma, Manfred

Club: LG Rippershausen

Number: 441

Course: 20.00 km

20km Strecke

Category:

Senioren M60 (60-64 Jahre)

Total time: 1:42:20

Speed: 11.73 km/h

Running performance: 5:07 min/km

Rank in course/Total: 175 (of 552)

Rank in course/Men: 161 (of 405)

Best time in course: 1:13:54

Rank in category: 3(of 16)

Best time in the category: 1:40:03

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
10 km	10.00	53:19	5:19	3	1:38	189	14:45	10.00	53:19	5:19	3	1:38	189	14:45
Finish	10.00	49:01	4:54	2	0:39	134	13:41	20.00	1:42:20	5:06	3	2:17	161	28:26