



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Drescher, Alexander

Club: Koll. Kiezlauferei

Number: 141

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:42:32

Speed: 11.70 km/h

Running performance: 5:08 min/km

Rank in course/Total: 179 (of 552)

Rank in course/Men: 164 (of 405)

Best time in course: 1:13:54

Rank in category: 35(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	50:52	5:05	30	11:17	129	12:18	10.00	50:52	5:05	30	11:17	129	12:18
Finish	10.00	51:40	5:09	40	15:16	197	16:20	20.00	1:42:32	5:07	35	26:33	164	28:38