



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Grimm, Michael

Club: Suhl

Number: 571

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:42:44

Speed: 11.68 km/h

Running performance: 5:08 min/km

Rank in course/Total: 180 (of 552)

Rank in course/Men: 165 (of 405)

Best time in course: 1:13:54

Rank in category: 26(of 76)

Best time in the category: 1:22:39

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	53:00	5:17	29	10:32	179	14:26	10.00	53:00	5:17	29	10:32	179	14:26
Finish	10.00	49:44	4:58	27	9:52	154	14:24	20.00	1:42:44	5:08	26	20:05	165	28:50