



# 26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

## Detailed evaluation

**Rabe, Stephan**

Club: Laufkundschaft

Number: 634

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:42:55

Speed: 11.66 km/h

Running performance: 5:09 min/km

Rank in course/Total: 187 (of 552)

Rank in course/Men: 171 (of 405)

Best time in course: 1:13:54

Rank in category: 28(of 59)

Best time in the category: 1:15:34

### 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	53:30	5:20	30	14:13	194	14:56	10.00	53:30	5:20	30	14:13	194	14:56
Finish	10.00	49:25	4:56	24	13:08	140	14:05	20.00	1:42:55	5:08	28	27:21	171	29:01