



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Vollrath, Lutz

Club: LAC Rudolstadt

Number: 469

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:42:49

Speed: 11.67 km/h

Running performance: 5:08 min/km

Rank in course/Total: 182 (of 552)

Rank in course/Men: 167 (of 405)

Best time in course: 1:13:54

Rank in category: 28(of 76)

Best time in the category: 1:22:39

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	52:39	5:15	28	10:11	175	14:05	10.00	52:39	5:15	28	10:11	175	14:05
Finish	10.00	50:10	5:00	31	10:18	165	14:50	20.00	1:42:49	5:08	28	20:10	167	28:55