



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Jüngling, Bernd

Club: Laufrausch Rudolstadt

Number: 116

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:42:48

Speed: 11.67 km/h

Running performance: 5:08 min/km

Rank in course/Total: 181 (of 552)

Rank in course/Men: 166 (of 405)

Best time in course: 1:13:54

Rank in category: 27(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	53:08	5:18	30	10:40	185	14:34	10.00	53:08	5:18	30	10:40	185	14:34
Finish	10.00	49:40	4:58	25	9:48	152	14:20	20.00	1:42:48	5:08	27	20:09	166	28:54