



## 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 | 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 | 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  |