



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Wieczorek, Thomas

Club: Saturn Jena

Number: 534

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:43:07

Speed: 11.64 km/h

Running performance: 5:10 min/km

Rank in course/Total: 190 (of 552)

Rank in course/Men: 174 (of 405)

Best time in course: 1:13:54

Rank in category: 29(of 56)

Best time in the category: 1:16:17

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	53:22	5:20	30	14:04	191	14:48	10.00	53:22	5:20	30	14:04	191	14:48
Finish	10.00	49:45	4:58	26	12:46	155	14:25	20.00	1:43:07	5:09	29	26:50	174	29:13