



## 26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

### Detailed evaluation

Schade, Maik

Club: Landsberg

Number: 97

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:42:58

Speed: 11.65 km/h

Running performance: 5:09 min/km

Rank in course/Total: 189 (of 552)

Rank in course/Men: 173 (of 405)

Best time in course: 1:13:54

Rank in category: 36(of 61)

Best time in the category: 1:15:59

### 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 | 53:01 | 5:18   | 37   | 13:26  | 182 | 14:27  | 10.00 | 53:01   | 5:18   | 37   | 13:26  | 182 | 14:27  |
| Finish  | 10.00 | 49:57 | 4:59   | 37   | 13:33  | 162 | 14:37  | 20.00 | 1:42:58 | 5:08   | 36   | 26:59  | 173 | 29:04  |