



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 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	53:01	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