



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Krellner, Markus

Club: LT Aktiv und Gesund

Number: 559

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:42:54

Speed: 11.66 km/h

Running performance: 5:08 min/km

Rank in course/Total: 186 (of 552)

Rank in course/Men: 170 (of 405)

Best time in course: 1:13:54

Rank in category: 29(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
10 km	10.00	53:57	5:23	32	11:29	198	15:23	10.00	53:57	5:23	32	11:29	198	15:23
Finish	10.00	48:57	4:53	21	9:05	132	13:37	20.00	1:42:54	5:08	29	20:15	170	29:00