



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Gippner, Michael

Club: Wechmar

Number: 606

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:43:48

Speed: 11.56 km/h

Running performance: 5:11 min/km

Rank in course/Total: 195 (of 552)

Rank in course/Men: 178 (of 405)

Best time in course: 1:13:54

Rank in category: 37(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	50:32	5:03	29	10:57	125	11:58	10.00	50:32	5:03	29	10:57	125	11:58
Finish	10.00	53:16	5:19	45	16:52	226	17:56	20.00	1:43:48	5:11	37	27:49	178	29:54