



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Voßhage, Ron

Club: Suhl

Number: 617

Course: 20.00 km

20km Strecke

Category:

Männer (20-29 Jahre)

Total time: 1:43:54

Speed: 11.55 km/h

Running performance: 5:12 min/km

Rank in course/Total: 196 (of 552)

Rank in course/Men: 179 (of 405)

Best time in course: 1:13:54

Rank in category: 21(of 34)

Best time in the category: 1:13:54

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	53:16	5:19	24	14:42	187	14:42	10.00	53:16	5:19	24	14:42	187	14:42
Finish	10.00	50:38	5:03	21	15:18	177	15:18	20.00	1:43:54	5:11	21	30:00	179	30:00