



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Berthold, Maik

Club: Waldläufer

Number: 472

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:18:26

Speed: 15.30 km/h

Running performance: 3:55 min/km

Rank in course/Total: 6 (of 552)

Rank in course/Men: 6 (of 405)

Best time in course: 1:13:54

Rank in category: 3(of 56)

Best time in the category: 1:16:17

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 | 40:16 | 4:01 | 3 | 0:58 | 7 | 1:42 | 10.00 | 40:16 | 4:01 | 3 | 0:58 | 7 | 1:42 |
| Finish | 10.00 | 38:10 | 3:48 | 3 | 1:11 | 6 | 2:50 | 20.00 | 1:18:26 | 3:55 | 3 | 2:09 | 6 | 4:32 |