



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Morgenbrodt, Sören

Club: Liebenstein

Number: 63

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:44:29

Speed: 11.49 km/h

Running performance: 5:13 min/km

Rank in course/Total: 205 (of 552)

Rank in course/Men: 186 (of 405)

Best time in course: 1:13:54

Rank in category: 39(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	51:47	5:10	34	12:12	157	13:13	10.00	51:47	5:10	34	12:12	157	13:13
Finish	10.00	52:42	5:16	43	16:18	218	17:22	20.00	1:44:29	5:13	39	28:30	186	30:35