



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Dreßel, Stefan

Club: Bad Rodach

Number: 127

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:44:03

Speed: 11.53 km/h

Running performance: 5:12 min/km

Rank in course/Total: 198 (of 552)

Rank in course/Men: 180 (of 405)

Best time in course: 1:13:54

Rank in category: 30(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	54:21	5:26	36	11:53	206	15:47	10.00	54:21	5:26	36	11:53	206	15:47
Finish	10.00	49:42	4:58	26	9:50	153	14:22	20.00	1:44:03	5:12	30	21:24	180	30:09