



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Stegmann, Thomas

Club: LT Altensteiner Park

Number: 440

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:44:11

Speed: 11.52 km/h

Running performance: 5:13 min/km

Rank in course/Total: 204 (of 552)

Rank in course/Men: 185 (of 405)

Best time in course: 1:13:54

Rank in category: 29(of 59)

Best time in the category: 1:15:34

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	54:23	5:26	33	15:06	207	15:49	10.00	54:23	5:26	33	15:06	207	15:49
Finish	10.00	49:48	4:58	26	13:31	157	14:28	20.00	1:44:11	5:12	29	28:37	185	30:17