



# 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|---------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|         |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |