



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Ebert, Christian

Club: Suhl

Number: 226

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:44:05

Speed: 11.53 km/h

Running performance: 5:12 min/km

Rank in course/Total: 200 (of 552)

Rank in course/Men: 181 (of 405)

Best time in course: 1:13:54

Rank in category: 31(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
10 km	10.00	52:08	5:12	26	9:40	164	13:34	10.00	52:08	5:12	26	9:40	164	13:34
Finish	10.00	51:57	5:11	36	12:05	205	16:37	20.00	1:44:05	5:12	31	21:26	181	30:11