



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Buchda, Daniel

Club: Erfurt

Number: 76

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:44:46

Speed: 11.45 km/h

Running performance: 5:14 min/km

Rank in course/Total: 208 (of 552)

Rank in course/Men: 189 (of 405)

Best time in course: 1:13:54

Rank in category: 30(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
10 km	10.00	51:52	5:11	24	12:35	161	13:18	10.00	51:52	5:11	24	12:35	161	13:18
Finish	10.00	52:54	5:17	34	16:37	222	17:34	20.00	1:44:46	5:14	30	29:12	189	30:52