



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Varga, Sven

Club: Ilmknief

Number: 392

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:44:39

Speed: 11.47 km/h

Running performance: 5:14 min/km

Rank in course/Total: 207 (of 552)

Rank in course/Men: 188 (of 405)

Best time in course: 1:13:54

Rank in category: 33(of 76)

Best time in the category: 1:22:39

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
10 km	10.00	53:59	5:23	33	11:31	200	15:25	10.00	53:59	5:23	33	11:31	200	15:25
Finish	10.00	50:40	5:03	32	10:48	178	15:20	20.00	1:44:39	5:13	33	22:00	188	30:45