



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Stock, Thomas

Club: Erfurt
Number: 352

Course: 20.00 km
20km Strecke

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:45:12

Speed: 11.41 km/h
Running performance: 5:16 min/km

Rank in course/Total: 212 (of 552)

Rank in course/Men: 192 (of 405)

Best time in course: 1:13:54

Rank in category: 31(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	54:40	5:28	36	15:23	213	16:06	10.00	54:40	5:28	36	15:23	213	16:06
Finish	10.00	50:32	5:03	29	14:15	175	15:12	20.00	1:45:12	5:15	31	29:38	192	31:18