



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Pohlmann, Mario

Club: Hildburghausen

Number: 428

Course: 20.00 km

20km Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:45:33

Speed: 11.37 km/h

Running performance: 5:17 min/km

Rank in course/Total: 216 (of 552)

Rank in course/Men: 196 (of 405)

Best time in course: 1:13:54

Rank in category: 18(of 51)

Best time in the category: 1:18:53

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	54:18	5:25	21	14:06	204	15:44	10.00	54:18	5:25	21	14:06	204	15:44
Finish	10.00	51:15	5:07	18	12:34	190	15:55	20.00	1:45:33	5:16	18	26:40	196	31:39