



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Schau, Wilfried

Club: Jena

Number: 488

Course: 20.00 km

20km Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:45:35

Speed: 11.37 km/h

Running performance: 5:17 min/km

Rank in course/Total: 217 (of 552)

Rank in course/Men: 197 (of 405)

Best time in course: 1:13:54

Rank in category: 19(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	53:06	5:18	17	12:54	184	14:32	10.00	53:06	5:18	17	12:54	184	14:32
Finish	10.00	52:29	5:14	23	13:48	214	17:09	20.00	1:45:35	5:16	19	26:42	197	31:41