



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Lehmann, Ralf

Club: Suhl

Number: 80

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:45:46

Speed: 11.35 km/h

Running performance: 5:17 min/km

Rank in course/Total: 219 (of 552)

Rank in course/Men: 199 (of 405)

Best time in course: 1:13:54

Rank in category: 30(of 56)

Best time in the category: 1:16:17

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	54:42	5:28	34	15:24	215	16:08	10.00	54:42	5:28	34	15:24	215	16:08
Finish	10.00	51:04	5:06	30	14:05	189	15:44	20.00	1:45:46	5:17	30	29:29	199	31:52