



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Raskob, Michael

Club: Dobiener Läufer

Number: 486

Course: 20.00 km

20km Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:45:40

Speed: 11.36 km/h

Running performance: 5:17 min/km

Rank in course/Total: 218 (of 552)

Rank in course/Men: 198 (of 405)

Best time in course: 1:13:54

Rank in category: 20(of 51)

Best time in the category: 1:18:53

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	55:27	5:32	24	15:15	236	16:53	10.00	55:27	5:32	24	15:15	236	16:53
Finish	10.00	50:13	5:01	12	11:32	166	14:53	20.00	1:45:40	5:16	20	26:47	198	31:46