



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Bertram, Sascha

Club: Eisenacher LF 2015

Number: 256

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:45:23

Speed: 11.39 km/h

Running performance: 5:16 min/km

Rank in course/Total: 213 (of 552)

Rank in course/Men: 193 (of 405)

Best time in course: 1:13:54

Rank in category: 41(of 61)

Best time in the category: 1:15:59

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	55:27	5:32	47	15:52	236	16:53	10.00	55:27	5:32	47	15:52	236	16:53
Finish	10.00	49:56	4:59	36	13:32	161	14:36	20.00	1:45:23	5:16	41	29:24	193	31:29