



# 26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

## Detailed evaluation

**Lemuth, Hans-Martin**

Club: Metzels

Number: 345

Course: 20.00 km

20km Strecke

Category:

Senioren M60 (60-64 Jahre)

Total time: 1:46:18

Speed: 11.29 km/h

Running performance: 5:19 min/km

Rank in course/Total: 222 (of 552)

Rank in course/Men: 201 (of 405)

Best time in course: 1:13:54

Rank in category: 4(of 16)

Best time in the category: 1:40:03

### Intermediate times

### Stage score

### Total ranking

| Control | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|---------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|         |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| 10 km   | 10.00       | 54:59         | 5:29            | 5           | 3:18           | 219         | 16:25         | 10.00         | 54:59         | 5:29            | 5           | 3:18           | 219        | 16:25         |
| Finish  | 10.00       | 51:19         | 5:07            | 4           | 2:57           | 192         | 15:59         | 20.00         | 1:46:18       | 5:18            | 4           | 6:15           | 201        | 32:24         |