



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 km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total | | Total | | Total ranking | | |
|---------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|---------|--------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | km | Time | min/km | Pos Cat. | Behind Cat. | Pos Men | Behind 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 |