



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Rauchmaul, Rainer

Club: WSV Scheibe Alsbach

Number: 263

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:35:44

Speed: 12.53 km/h

Running performance: 4:47 min/km

Rank in course/Total: 105 (of 552)

Rank in course/Men: 98 (of 405)

Best time in course: 1:13:54

Rank in category: 15(of 76)

Best time in the category: 1:22:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	km	Time			min/km	Pos Men	Behind Men
10 km	10.00	49:34	4:57	14	7:06	105	11:00	10.00	49:34	4:57	14	7:06	105	11:00
Finish	10.00	46:10	4:36	15	6:18	91	10:50	20.00	1:35:44	4:47	15	13:05	98	21:50