



## 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	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	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