



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Nadler, Wolfgang

Club: GutsMuths RSLV

Number: 347

Course: 20.00 km

20km Strecke

Category:

Senioren M65 (65-69 Jahre)

Total time: 1:46:32

Speed: 11.26 km/h

Running performance: 5:20 min/km

Rank in course/Total: 225 (of 552)

Rank in course/Men: 204 (of 405)

Best time in course: 1:13:54

Rank in category: 2(of 8)

Best time in the category: 1:46:24

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	54:33	5:27	2	0:03	212	15:59	10.00	54:33	5:27	2	0:03	212	15:59
Finish	10.00	51:59	5:11	2	0:05	206	16:39	20.00	1:46:32	5:19	2	0:08	204	32:38