



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Lücke, Michael

Club: ostwest-express

Number: 94

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:46:40

Speed: 11.25 km/h

Running performance: 5:20 min/km

Rank in course/Total: 227 (of 552)

Rank in course/Men: 205 (of 405)

Best time in course: 1:13:54

Rank in category: 43(of 61)

Best time in the category: 1:15:59

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
10 km	10.00	53:05	5:18	38	13:30	183	14:31	10.00	53:05	5:18	38	13:30	183	14:31
Finish	10.00	53:35	5:21	47	17:11	233	18:15	20.00	1:46:40	5:20	43	30:41	205	32:46