



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Nößler, Sandro

Club: Brotterode-Trusetal

Number: 211

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:46:44

Speed: 11.24 km/h

Running performance: 5:20 min/km

Rank in course/Total: 228 (of 552)

Rank in course/Men: 206 (of 405)

Best time in course: 1:13:54

Rank in category: 32(of 59)

Best time in the category: 1:15:34

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
10 km	10.00	53:00	5:17	28	13:43	179	14:26	10.00	53:00	5:17	28	13:43	179	14:26
Finish	10.00	53:44	5:22	39	17:27	241	18:24	20.00	1:46:44	5:20	32	31:10	206	32:50