



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Nothnagel, Rainer

Club: Zella-Mehlis

Number: 374

Course: 20.00 km

20km Strecke

Category:

Senioren M60 (60-64 Jahre)

Total time: 1:46:56

Speed: 11.22 km/h

Running performance: 5:21 min/km

Rank in course/Total: 233 (of 552)

Rank in course/Men: 211 (of 405)

Best time in course: 1:13:54

Rank in category: 5(of 16)

Best time in the category: 1:40:03

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	54:17	5:25	4	2:36	203	15:43	10.00	54:17	5:25	4	2:36	203	15:43
Finish	10.00	52:39	5:15	5	4:17	216	17:19	20.00	1:46:56	5:20	5	6:53	211	33:02