



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Lorbeer, Jan

Club: Jena

Number: 165

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:46:54

Speed: 11.23 km/h

Running performance: 5:20 min/km

Rank in course/Total: 232 (of 552)

Rank in course/Men: 210 (of 405)

Best time in course: 1:13:54

Rank in category: 35(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	55:36	5:33	44	13:08	243	17:02	10.00	55:36	5:33	44	13:08	243	17:02
Finish	10.00	51:18	5:07	33	11:26	191	15:58	20.00	1:46:54	5:20	35	24:15	210	33:00