



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Christ, Thomas

Club: Dresden

Number: 342

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:46:50

Speed: 11.23 km/h

Running performance: 5:20 min/km

Rank in course/Total: 231 (of 552)

Rank in course/Men: 209 (of 405)

Best time in course: 1:13:54

Rank in category: 44(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.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	km	Time			min/km	Pos Men	Behind Men
10 km	10.00	55:10	5:30	41	15:35	223	16:36	10.00	55:10	5:30	41	15:35	223	16:36
Finish	10.00	51:40	5:09	40	15:16	197	16:20	20.00	1:46:50	5:20	44	30:51	209	32:56