



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Stagge, Mirko

Club: Kyffhäuserland

Number: 531

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:47:56

Speed: 11.12 km/h

Running performance: 5:24 min/km

Rank in course/Total: 246 (of 552)

Rank in course/Men: 220 (of 405)

Best time in course: 1:13:54

Rank in category: 33(of 56)

Best time in the category: 1:16:17

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	52:52	5:17	29	13:34	176	14:18	10.00	52:52	5:17	29	13:34	176	14:18
Finish	10.00	55:04	5:30	38	18:05	273	19:44	20.00	1:47:56	5:23	33	31:39	220	34:02