



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Bolz, Stefan

Club: Langewiesen

Number: 612

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:48:15

Speed: 11.09 km/h

Running performance: 5:25 min/km

Rank in course/Total: 250 (of 552)

Rank in course/Men: 224 (of 405)

Best time in course: 1:13:54

Rank in category: 37(of 76)

Best time in the category: 1:22:39

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	56:38	5:39	47	14:10	264	18:04	10.00	56:38	5:39	47	14:10	264	18:04
Finish	10.00	51:37	5:09	34	11:45	196	16:17	20.00	1:48:15	5:24	37	25:36	224	34:21