



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Steinert, Ulf

Club: Leegebruch

Number: 351

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:48:23

Speed: 11.07 km/h

Running performance: 5:25 min/km

Rank in course/Total: 253 (of 552)

Rank in course/Men: 227 (of 405)

Best time in course: 1:13:54

Rank in category: 38(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 | 51:17 | 5:07 | 25 | 8:49 | 142 | 12:43 | 10.00 | 51:17 | 5:07 | 25 | 8:49 | 142 | 12:43 |
| Finish | 10.00 | 57:06 | 5:42 | 53 | 17:14 | 304 | 21:46 | 20.00 | 1:48:23 | 5:25 | 38 | 25:44 | 227 | 34:29 |