



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