



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Eck, Mathias

Club: Schmalkalden

Number: 205

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:20:23

Speed: 14.93 km/h

Running performance: 4:01 min/km

Rank in course/Total: 9 (of 552)

Rank in course/Men: 9 (of 405)

Best time in course: 1:13:54

Rank in category: 3(of 61)

Best time in the category: 1:15:59

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	41:20	4:08	3	1:45	9	2:46	10.00	41:20	4:08	3	1:45	9	2:46
Finish	10.00	39:03	3:54	2	2:39	8	3:43	20.00	1:20:23	4:01	3	4:24	9	6:29