



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Hajas, János

Club: Eger Csillaga

Number: 151

Course: 20.00 km

20km Strecke

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:48:33

Speed: 11.05 km/h

Running performance: 5:26 min/km

Rank in course/Total: 257 (of 552)

Rank in course/Men: 231 (of 405)

Best time in course: 1:13:54

Rank in category: 9(of 28)

Best time in the category: 1:23:45

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	54:41	5:28	9	11:26	214	16:07	10.00	54:41	5:28	9	11:26	214	16:07
Finish	10.00	53:52	5:23	10	13:22	243	18:32	20.00	1:48:33	5:25	9	24:48	231	34:39