



# 26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

## Detailed evaluation

**Lips, Markus**

Club: Geraberg

Number: 463

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:48:39

Speed: 11.04 km/h

Running performance: 5:26 min/km

Rank in course/Total: 260 (of 552)

Rank in course/Men: 233 (of 405)

Best time in course: 1:13:54

Rank in category: 46(of 61)

Best time in the category: 1:15:59

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
10 km	10.00	55:26	5:32	45	15:51	232	16:52	10.00	55:26	5:32	45	15:51	232	16:52
Finish	10.00	53:13	5:19	44	16:49	224	17:53	20.00	1:48:39	5:25	46	32:40	233	34:45