



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Lehmann, Sebastian

Club: Stiftung Wadentest

Number: 632

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:48:11

Speed: 11.09 km/h

Running performance: 5:25 min/km

Rank in course/Total: 249 (of 552)

Rank in course/Men: 223 (of 405)

Best time in course: 1:13:54

Rank in category: 34(of 56)

Best time in the category: 1:16:17

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	km	Time			min/km	Pos Men	Behind Men
10 km	10.00	55:51	5:35	36	16:33	246	17:17	10.00	55:51	5:35	36	16:33	246	17:17
Finish	10.00	52:20	5:14	34	15:21	213	17:00	20.00	1:48:11	5:24	34	31:54	223	34:17