



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Steiner, Bert

Club: Sonneberg

Number: 635

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:48:47

Speed: 11.03 km/h

Running performance: 5:26 min/km

Rank in course/Total: 264 (of 552)

Rank in course/Men: 235 (of 405)

Best time in course: 1:13:54

Rank in category: 40(of 76)

Best time in the category: 1:22:39

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	55:16	5:31	40	12:48	226	16:42	10.00	55:16	5:31	40	12:48	226	16:42
Finish	10.00	53:31	5:21	38	13:39	230	18:11	20.00	1:48:47	5:26	40	26:08	235	34:53