



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Kämpfer, Jörg

Club: USV Jena

Number: 460

Course: 20.00 km

20km Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:48:38

Speed: 11.05 km/h

Running performance: 5:26 min/km

Rank in course/Total: 259 (of 552)

Rank in course/Men: 232 (of 405)

Best time in course: 1:13:54

Rank in category: 23(of 51)

Best time in the category: 1:18:53

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	56:51	5:41	28	16:39	267	18:17	10.00	56:51	5:41	28	16:39	267	18:17
Finish	10.00	51:47	5:10	20	13:06	199	16:27	20.00	1:48:38	5:25	23	29:45	232	34:44