



# 26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

## Detailed evaluation

**Merker, Lars**

Club: Team Merker

Number: 42

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:48:57

Speed: 11.01 km/h

Running performance: 5:27 min/km

Rank in course/Total: 266 (of 552)

Rank in course/Men: 236 (of 405)

Best time in course: 1:13:54

Rank in category: 48(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.	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	55:06	5:30	40	15:31	222	16:32	10.00	55:06	5:30	40	15:31	222	16:32
Finish	10.00	53:51	5:23	49	17:27	242	18:31	20.00	1:48:57	5:26	48	32:58	236	35:03