



# 26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

## Detailed evaluation

Holl, Carsten

Club: Stiftung Wadentest

Number: 589

Course: 20.00 km

20km Strecke

Category:

Männer (20-29 Jahre)

Total time: 1:49:48

Speed: 10.93 km/h

Running performance: 5:29 min/km

Rank in course/Total: 276 (of 552)

Rank in course/Men: 242 (of 405)

Best time in course: 1:13:54

Rank in category: 28(of 34)

Best time in the category: 1:13:54

### 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	57:03	5:42	30	18:29	271	18:29	10.00	57:03	5:42	30	18:29	271	18:29
Finish	10.00	52:45	5:16	24	17:25	219	17:25	20.00	1:49:48	5:29	28	35:54	242	35:54