



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Fidelak, Peer

Club: Selbstläufer

Number: 411

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:49:27

Speed: 10.96 km/h

Running performance: 5:28 min/km

Rank in course/Total: 270 (of 552)

Rank in course/Men: 238 (of 405)

Best time in course: 1:13:54

Rank in category: 39(of 59)

Best time in the category: 1:15:34

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	57:20	5:44	42	18:03	278	18:46	10.00	57:20	5:44	42	18:03	278	18:46
Finish	10.00	52:07	5:12	32	15:50	209	16:47	20.00	1:49:27	5:28	39	33:53	238	35:33