



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Brandt, Jörg

Club: LAV Saale-Rennsteig

Number: 360

Course: 20.00 km

20km Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:49:54

Speed: 10.92 km/h

Running performance: 5:30 min/km

Rank in course/Total: 279 (of 552)

Rank in course/Men: 244 (of 405)

Best time in course: 1:13:54

Rank in category: 24(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	54:09	5:24	20	13:57	202	15:35	10.00	54:09	5:24	20	13:57	202	15:35
Finish	10.00	55:45	5:34	34	17:04	284	20:25	20.00	1:49:54	5:29	24	31:01	244	36:00