



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Och, Steffen

Club: TV 1904 Lützelbuch

Number: 484

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:48:39

Speed: 11.04 km/h

Running performance: 5:26 min/km

Rank in course/Total: 261 (of 552)

Rank in course/Men: 233 (of 405)

Best time in course: 1:13:54

Rank in category: 46(of 61)

Best time in the category: 1:15:59

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 | 55:22 | 5:32 | 44 | 15:47 | 231 | 16:48 | 10.00 | 55:22 | 5:32 | 44 | 15:47 | 231 | 16:48 |
| Finish | 10.00 | 53:17 | 5:19 | 46 | 16:53 | 227 | 17:57 | 20.00 | 1:48:39 | 5:25 | 46 | 32:40 | 233 | 34:45 |