



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Feller, Matthias

Club: DLRG Gotha

Number: 300

Course: 20.00 km

20km Strecke

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:50:24

Speed: 10.87 km/h

Running performance: 5:31 min/km

Rank in course/Total: 290 (of 552)

Rank in course/Men: 252 (of 405)

Best time in course: 1:13:54

Rank in category: 10(of 28)

Best time in the category: 1:23:45

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
10 km	10.00	55:42	5:34	10	12:27	244	17:08	10.00	55:42	5:34	10	12:27	244	17:08	
Finish	10.00	54:42	5:28	11	14:12	263	19:22	20.00	1:50:24	5:31	10	26:39	252	36:30	