



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Groß, Christian

Club: Dresden

Number: 414

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:51:12

Speed: 10.79 km/h

Running performance: 5:34 min/km

Rank in course/Total: 298 (of 552)

Rank in course/Men: 259 (of 405)

Best time in course: 1:13:54

Rank in category: 50(of 61)

Best time in the category: 1:15:59

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	56:05	5:36	52	16:30	250	17:31	10.00	56:05	5:36	52	16:30	250	17:31
Finish	10.00	55:07	5:30	51	18:43	276	19:47	20.00	1:51:12	5:33	50	35:13	259	37:18