



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Voos, Michael

Club: SV Ierchenberg

Number: 532

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:50:23

Speed: 10.87 km/h

Running performance: 5:31 min/km

Rank in course/Total: 289 (of 552)

Rank in course/Men: 251 (of 405)

Best time in course: 1:13:54

Rank in category: 41(of 76)

Best time in the category: 1:22:39

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	55:34	5:33	43	13:06	240	17:00	10.00	55:34	5:33	43	13:06	240	17:00
Finish	10.00	54:49	5:28	46	14:57	267	19:29	20.00	1:50:23	5:31	41	27:44	251	36:29