



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Trautmann, Jürgen

Club: Barchfeld

Number: 384

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:50:43

Speed: 10.84 km/h

Running performance: 5:32 min/km

Rank in course/Total: 296 (of 552)

Rank in course/Men: 257 (of 405)

Best time in course: 1:13:54

Rank in category: 44(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	57:03	5:42	49	14:35	271	18:29	10.00	57:03	5:42	49	14:35	271	18:29
Finish	10.00	53:40	5:21	40	13:48	238	18:20	20.00	1:50:43	5:32	44	28:04	257	36:49