



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Grünewald, Jörg

Club: Dorf Zechlin

Number: 92

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:50:29

Speed: 10.86 km/h

Running performance: 5:31 min/km

Rank in course/Total: 291 (of 552)

Rank in course/Men: 253 (of 405)

Best time in course: 1:13:54

Rank in category: 42(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	56:19	5:37	46	13:51	254	17:45	10.00	56:19	5:37	46	13:51	254	17:45
Finish	10.00	54:10	5:24	41	14:18	249	18:50	20.00	1:50:29	5:31	42	27:50	253	36:35