



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Beck, Andreas

Club: LSV Lok Arnstadt

Number: 518

Course: 20.00 km

20km Strecke

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:50:40

Speed: 10.84 km/h

Running performance: 5:32 min/km

Rank in course/Total: 294 (of 552)

Rank in course/Men: 255 (of 405)

Best time in course: 1:13:54

Rank in category: 11(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
10 km	10.00	57:13	5:43	12	13:58	275	18:39	10.00	57:13	5:43	12	13:58	275	18:39
Finish	10.00	53:27	5:20	9	12:57	229	18:07	20.00	1:50:40	5:31	11	26:55	255	36:46