



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Schmidt, Marko

Club: VL 33

Number: 489

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:51:31

Speed: 10.76 km/h

Running performance: 5:35 min/km

Rank in course/Total: 304 (of 552)

Rank in course/Men: 262 (of 405)

Best time in course: 1:13:54

Rank in category: 46(of 76)

Best time in the category: 1:22:39

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	55:26	5:32	41	12:58	232	16:52	10.00	55:26	5:32	41	12:58	232	16:52
Finish	10.00	56:05	5:36	50	16:13	289	20:45	20.00	1:51:31	5:34	46	28:52	262	37:37