



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Pletat, Michael

Club: Ilmkniee

Number: 327

Course: 20.00 km

20km Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:52:02

Speed: 10.71 km/h

Running performance: 5:36 min/km

Rank in course/Total: 313 (of 552)

Rank in course/Men: 271 (of 405)

Best time in course: 1:13:54

Rank in category: 29(of 51)

Best time in the category: 1:18:53

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	56:18	5:37	25	16:06	253	17:44	10.00	56:18	5:37	25	16:06	253	17:44
Finish	10.00	55:44	5:34	33	17:03	282	20:24	20.00	1:52:02	5:36	29	33:09	271	38:08