



# 26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

## Detailed evaluation

**Trautvetter, Karsten**

Club: Bystonic

Number: 505

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:51:46

Speed: 10.74 km/h

Running performance: 5:35 min/km

Rank in course/Total: 307 (of 552)

Rank in course/Men: 265 (of 405)

Best time in course: 1:13:54

Rank in category: 42(of 59)

Best time in the category: 1:15:34

### Intermediate times

### Stage score

### Total ranking

| Control | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|---------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|         |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| 10 km   | 10.00       | 57:01         | 5:42            | 41          | 17:44          | 269         | 18:27         | 10.00         | 57:01         | 5:42            | 41          | 17:44          | 269        | 18:27         |
| Finish  | 10.00       | 54:45         | 5:28            | 43          | 18:28          | 265         | 19:25         | 20.00         | 1:51:46       | 5:35            | 42          | 36:12          | 265        | 37:52         |