



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Landgraf, Alexander

Club: Weissach

Number: 201

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:51:56

Speed: 10.72 km/h

Running performance: 5:36 min/km

Rank in course/Total: 311 (of 552)

Rank in course/Men: 269 (of 405)

Best time in course: 1:13:54

Rank in category: 40(of 56)

Best time in the category: 1:16:17

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	58:21	5:50	43	19:03	297	19:47	10.00	58:21	5:50	43	19:03	297	19:47
Finish	10.00	53:35	5:21	35	16:36	233	18:15	20.00	1:51:56	5:35	40	35:39	269	38:02