



# 26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

## Detailed evaluation

**Siegel, Jens**

Club: Weimar

Number: 180

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:51:21

Speed: 10.78 km/h

Running performance: 5:34 min/km

Rank in course/Total: 302 (of 552)

Rank in course/Men: 260 (of 405)

Best time in course: 1:13:54

Rank in category: 45(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
10 km	10.00	54:03	5:24	34	11:35	201	15:29	10.00	54:03	5:24	34	11:35	201	15:29
Finish	10.00	57:18	5:43	56	17:26	310	21:58	20.00	1:51:21	5:34	45	28:42	260	37:27