



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Koch, Stephan

Club: Feuerwehr Gotha

Number: 326

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:51:46

Speed: 10.74 km/h

Running performance: 5:35 min/km

Rank in course/Total: 308 (of 552)

Rank in course/Men: 265 (of 405)

Best time in course: 1:13:54

Rank in category: 52(of 61)

Best time in the category: 1:15:59

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	57:14	5:43	57	17:39	276	18:40	10.00	57:14	5:43	57	17:39	276	18:40
Finish	10.00	54:32	5:27	50	18:08	255	19:12	20.00	1:51:46	5:35	52	35:47	265	37:52