



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Guder, Steffen

Club: GutsMuths RSLV

Number: 177

Course: 20.00 km

20km Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:52:46

Speed: 10.64 km/h

Running performance: 5:38 min/km

Rank in course/Total: 321 (of 552)

Rank in course/Men: 278 (of 405)

Best time in course: 1:13:54

Rank in category: 32(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	58:06	5:48	31	17:54	293	19:32	10.00	58:06	5:48	31	17:54	293	19:32
Finish	10.00	54:40	5:28	29	15:59	261	19:20	20.00	1:52:46	5:38	32	33:53	278	38:52