



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Volkmar, Michael

Club: BBZ Sonneberg

Number: 231

Course: 20.00 km

20km Strecke

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:53:02

Speed: 10.62 km/h

Running performance: 5:39 min/km

Rank in course/Total: 326 (of 552)

Rank in course/Men: 282 (of 405)

Best time in course: 1:13:54

Rank in category: 13(of 28)

Best time in the category: 1:23:45

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	57:57	5:47	15	14:42	290	19:23	10.00	57:57	5:47	15	14:42	290	19:23
Finish	10.00	55:05	5:30	13	14:35	274	19:45	20.00	1:53:02	5:39	13	29:17	282	39:08