



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Langer, Reiko

Club: Dresden

Number: 156

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:52:38

Speed: 10.65 km/h

Running performance: 5:38 min/km

Rank in course/Total: 318 (of 552)

Rank in course/Men: 275 (of 405)

Best time in course: 1:13:54

Rank in category: 41(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	57:22	5:44	40	18:04	279	18:48	10.00	57:22	5:44	40	18:04	279	18:48
Finish	10.00	55:16	5:31	39	18:17	279	19:56	20.00	1:52:38	5:37	41	36:21	275	38:44