



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Dolge, Gerd

Club: Wolfsberg

Number: 647

Course: 20.00 km

20km Strecke

Category:

Senioren M60 (60-64 Jahre)

Total time: 1:53:02

Speed: 10.62 km/h

Running performance: 5:39 min/km

Rank in course/Total: 327 (of 552)

Rank in course/Men: 282 (of 405)

Best time in course: 1:13:54

Rank in category: 6(of 16)

Best time in the category: 1:40:03

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	57:34	5:45	6	5:53	283	19:00	10.00	57:34	5:45	6	5:53	283	19:00
Finish	10.00	55:28	5:32	6	7:06	280	20:08	20.00	1:53:02	5:39	6	12:59	282	39:08