



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Christ, Rolf

Club: KO Hartha

Number: 17

Course: 20.00 km

20km Strecke

Category:

Senioren M65 (65-69 Jahre)

Total time: 1:53:11

Speed: 10.60 km/h

Running performance: 5:40 min/km

Rank in course/Total: 329 (of 552)

Rank in course/Men: 284 (of 405)

Best time in course: 1:13:54

Rank in category: 3(of 8)

Best time in the category: 1:46:24

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
10 km	10.00	58:33	5:51	3	4:03	301	19:59	10.00	58:33	5:51	3	4:03	301	19:59
Finish	10.00	54:38	5:27	4	2:44	260	19:18	20.00	1:53:11	5:39	3	6:47	284	39:17