



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Lohrmann, Ralf

Club: Kirchberg

Number: 202

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:53:28

Speed: 10.58 km/h

Running performance: 5:40 min/km

Rank in course/Total: 333 (of 552)

Rank in course/Men: 288 (of 405)

Best time in course: 1:13:54

Rank in category: 43(of 56)

Best time in the category: 1:16:17

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	59:34	5:57	48	20:16	319	21:00	10.00	59:34	5:57	48	20:16	319	21:00
Finish	10.00	53:54	5:23	36	16:55	244	18:34	20.00	1:53:28	5:40	43	37:11	288	39:34