



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Schön, Karsten

Club: Team Radsport Heller

Number: 112

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:53:53

Speed: 10.54 km/h

Running performance: 5:41 min/km

Rank in course/Total: 335 (of 552)

Rank in course/Men: 289 (of 405)

Best time in course: 1:13:54

Rank in category: 51(of 76)

Best time in the category: 1:22:39

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	59:31	5:57	59	17:03	318	20:57	10.00	59:31	5:57	59	17:03	318	20:57
Finish	10.00	54:22	5:26	42	14:30	251	19:02	20.00	1:53:53	5:41	51	31:14	289	39:59