



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Tirschmann, Jan

Club: Meininger Drachen

Number: 52

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:54:11

Speed: 10.51 km/h

Running performance: 5:43 min/km

Rank in course/Total: 339 (of 552)

Rank in course/Men: 291 (of 405)

Best time in course: 1:13:54

Rank in category: 52(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	59:36	5:57	60	17:08	320	21:02	10.00	59:36	5:57	60	17:08	320	21:02
Finish	10.00	54:35	5:27	43	14:43	256	19:15	20.00	1:54:11	5:42	52	31:32	291	40:17