



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Rühling, Dirk

Club: Ilmkniee

Number: 331

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:54:19

Speed: 10.50 km/h

Running performance: 5:43 min/km

Rank in course/Total: 341 (of 552)

Rank in course/Men: 292 (of 405)

Best time in course: 1:13:54

Rank in category: 53(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
10 km	10.00	59:04	5:54	57	16:36	312	20:30	10.00	59:04	5:54	57	16:36	312	20:30
Finish	10.00	55:15	5:31	49	15:23	277	19:55	20.00	1:54:19	5:42	53	31:40	292	40:25