



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Planert, Carsten

Club: LG Trinkfix

Number: 214

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:54:25

Speed: 10.49 km/h

Running performance: 5:43 min/km

Rank in course/Total: 342 (of 552)

Rank in course/Men: 293 (of 405)

Best time in course: 1:13:54

Rank in category: 44(of 59)

Best time in the category: 1:15:34

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	57:24	5:44	43	18:07	280	18:50	10.00	57:24	5:44	43	18:07	280	18:50
Finish	10.00	57:01	5:42	45	20:44	303	21:41	20.00	1:54:25	5:43	44	38:51	293	40:31