



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 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 | 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 |