



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Singer, Arno

Club: Zella-Mehlis

Number: 219

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:54:25

Speed: 10.49 km/h

Running performance: 5:43 min/km

Rank in course/Total: 343 (of 552)

Rank in course/Men: 293 (of 405)

Best time in course: 1:13:54

Rank in category: 54(of 76)

Best time in the category: 1:22:39

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	57:09	5:42	51	14:41	274	18:35	10.00	57:09	5:42	51	14:41	274	18:35
Finish	10.00	57:16	5:43	55	17:24	309	21:56	20.00	1:54:25	5:43	54	31:46	293	40:31