



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Jorks, Silas

Club: VL33

Number: 459

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:54:29

Speed: 10.48 km/h

Running performance: 5:43 min/km

Rank in course/Total: 347 (of 552)

Rank in course/Men: 296 (of 405)

Best time in course: 1:13:54

Rank in category: 44(of 56)

Best time in the category: 1:16:17

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	58:26	5:50	44	19:08	298	19:52	10.00	58:26	5:50	44	19:08	298	19:52
Finish	10.00	56:03	5:36	43	19:04	288	20:43	20.00	1:54:29	5:43	44	38:12	296	40:35