



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Wolter, Steffen

Club: RennsteigSpirit

Number: 248

Course: 20.00 km

20km Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:54:43

Speed: 10.46 km/h

Running performance: 5:44 min/km

Rank in course/Total: 350 (of 552)

Rank in course/Men: 298 (of 405)

Best time in course: 1:13:54

Rank in category: 35(of 51)

Best time in the category: 1:18:53

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	km	Time			min/km	Pos Men	Behind Men
10 km	10.00	59:52	5:59	38	19:40	325	21:18	10.00	59:52	5:59	38	19:40	325	21:18
Finish	10.00	54:51	5:29	32	16:10	270	19:31	20.00	1:54:43	5:44	35	35:50	298	40:49