



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Fischbach, Hagen

Club: Bystronic

Number: 449

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:54:46

Speed: 10.46 km/h

Running performance: 5:44 min/km

Rank in course/Total: 351 (of 552)

Rank in course/Men: 299 (of 405)

Best time in course: 1:13:54

Rank in category: 55(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	57:05	5:42	50	14:37	273	18:31	10.00	57:05	5:42	50	14:37	273	18:31
Finish	10.00	57:41	5:46	57	17:49	314	22:21	20.00	1:54:46	5:44	55	32:07	299	40:52