



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Weidemann, Kai

Club: Straußfurt

Number: 20

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:55:00

Speed: 10.43 km/h

Running performance: 5:45 min/km

Rank in course/Total: 354 (of 552)

Rank in course/Men: 301 (of 405)

Best time in course: 1:13:54

Rank in category: 45(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	59:02	5:54	45	19:44	310	20:28	10.00	59:02	5:54	45	19:44	310	20:28
Finish	10.00	55:58	5:35	42	18:59	287	20:38	20.00	1:55:00	5:45	45	38:43	301	41:06