



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Kubat, Michael

Club: Simply The Rest

Number: 240

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:55:27

Speed: 10.39 km/h

Running performance: 5:46 min/km

Rank in course/Total: 357 (of 552)

Rank in course/Men: 303 (of 405)

Best time in course: 1:13:54

Rank in category: 57(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 | 58:51 | 5:53 | 56 | 16:23 | 307 | 20:17 | 10.00 | 58:51 | 5:53 | 56 | 16:23 | 307 | 20:17 |
| Finish | 10.00 | 56:36 | 5:39 | 51 | 16:44 | 299 | 21:16 | 20.00 | 1:55:27 | 5:46 | 57 | 32:48 | 303 | 41:33 |