



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Lichtenberg, Conny

Club: GröLiWelt

Number: 170

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:55:37

Speed: 10.38 km/h

Running performance: 5:47 min/km

Rank in course/Total: 361 (of 552)

Rank in course/Men: 304 (of 405)

Best time in course: 1:13:54

Rank in category: 45(of 59)

Best time in the category: 1:15:34

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	58:30	5:50	47	19:13	299	19:56	10.00	58:30	5:50	47	19:13	299	19:56
Finish	10.00	57:07	5:42	46	20:50	305	21:47	20.00	1:55:37	5:46	45	40:03	304	41:43