



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Kästner, Bernd

Club: Bad Langensalza

Number: 155

Course: 20.00 km

20km Strecke

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:55:47

Speed: 10.36 km/h

Running performance: 5:47 min/km

Rank in course/Total: 364 (of 552)

Rank in course/Men: 306 (of 405)

Best time in course: 1:13:54

Rank in category: 15(of 28)

Best time in the category: 1:23:45

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	Total km	Total Time			Total min/km	Pos Men	Behind Men
10 km	10.00	57:49	5:46	14	14:34	287	19:15	10.00	57:49	5:46	14	14:34	287	19:15
Finish	10.00	57:58	5:47	17	17:28	319	22:38	20.00	1:55:47	5:47	15	32:02	306	41:53