



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Haak, Ralf

Club: Weimar

Number: 12

Course: 20.00 km

20km Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:55:55

Speed: 10.35 km/h

Running performance: 5:48 min/km

Rank in course/Total: 365 (of 552)

Rank in course/Men: 307 (of 405)

Best time in course: 1:13:54

Rank in category: 37(of 51)

Best time in the category: 1:18:53

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	58:44	5:52	34	18:32	304	20:10	10.00	58:44	5:52	34	18:32	304	20:10
Finish	10.00	57:11	5:43	38	18:30	308	21:51	20.00	1:55:55	5:47	37	37:02	307	42:01