



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Stappenbeck, Oliver

Club: Berlin
Number: 501

Course: 20.00 km
20km Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:56:17

Speed: 10.32 km/h
Running performance: 5:49 min/km

Rank in course/Total: 368 (of 552)

Rank in course/Men: 310 (of 405)

Best time in course: 1:13:54

Rank in category: 58(of 76)

Best time in the category: 1:22:39

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	58:35	5:51	53	16:07	302	20:01	10.00	58:35	5:51	53	16:07	302	20:01
Finish	10.00	57:42	5:46	58	17:50	315	22:22	20.00	1:56:17	5:48	58	33:38	310	42:23