



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Lindemann, Thomas

Club: SV Concordia Beuren

Number: 171

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:56:20

Speed: 10.32 km/h

Running performance: 5:49 min/km

Rank in course/Total: 370 (of 552)

Rank in course/Men: 311 (of 405)

Best time in course: 1:13:54

Rank in category: 46(of 56)

Best time in the category: 1:16:17

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	57:25	5:44	41	18:07	281	18:51	10.00	57:25	5:44	41	18:07	281	18:51
Finish	10.00	58:55	5:53	46	21:56	330	23:35	20.00	1:56:20	5:48	46	40:03	311	42:26