



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Liebold, Marc-Alexander

Club: Leipzig

Number: 149

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:56:47

Speed: 10.28 km/h

Running performance: 5:50 min/km

Rank in course/Total: 373 (of 552)

Rank in course/Men: 314 (of 405)

Best time in course: 1:13:54

Rank in category: 58(of 61)

Best time in the category: 1:15:59

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	1:00:04	6:00	58	20:29	327	21:30	10.00	1:00:04	6:00	58	20:29	327	21:30
Finish	10.00	56:43	5:40	55	20:19	301	21:23	20.00	1:56:47	5:50	58	40:48	314	42:53