



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Tischer, Stefan

Club: LA Sonneberg

Number: 502

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:56:58

Speed: 10.26 km/h

Running performance: 5:51 min/km

Rank in course/Total: 376 (of 552)

Rank in course/Men: 317 (of 405)

Best time in course: 1:13:54

Rank in category: 47(of 59)

Best time in the category: 1:15:34

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total		Total		Total		Total	
								km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
10 km	10.00	1:01:53	6:11	54	22:36	351	23:19	10.00	1:01:53	6:11	54	22:36	351	23:19	
Finish	10.00	55:05	5:30	44	18:48	274	19:45	20.00	1:56:58	5:50	47	41:24	317	43:04	