



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Stein, Michael

Club: Ramsla

Number: 7

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:57:08

Speed: 10.24 km/h

Running performance: 5:52 min/km

Rank in course/Total: 378 (of 552)

Rank in course/Men: 318 (of 405)

Best time in course: 1:13:54

Rank in category: 48(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.	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	59:45	5:58	50	20:28	322	21:11	10.00	59:45	5:58	50	20:28	322	21:11
Finish	10.00	57:23	5:44	47	21:06	311	22:03	20.00	1:57:08	5:51	48	41:34	318	43:14