



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Recknagel, Michael

Club: Eintracht Altersbach

Number: 5

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:57:35

Speed: 10.21 km/h

Running performance: 5:53 min/km

Rank in course/Total: 381 (of 552)

Rank in course/Men: 319 (of 405)

Best time in course: 1:13:54

Rank in category: 49(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	53:57	5:23	32	14:40	198	15:23	10.00	53:57	5:23	32	14:40	198	15:23
Finish	10.00	1:03:38	6:21	56	27:21	366	28:18	20.00	1:57:35	5:52	49	42:01	319	43:41