



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Lichtenheld, Tim

Club: SG Ober-Unterschönau

Number: 105

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:58:19

Speed: 10.14 km/h

Running performance: 5:55 min/km

Rank in course/Total: 387 (of 552)

Rank in course/Men: 322 (of 405)

Best time in course: 1:13:54

Rank in category: 47(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	59:09	5:54	47	19:51	314	20:35	10.00	59:09	5:54	47	19:51	314	20:35
Finish	10.00	59:10	5:54	47	22:11	334	23:50	20.00	1:58:19	5:54	47	42:02	322	44:25