



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Poppner, Sebastian

Club: WSV Ilmenau 1908

Number: 429

Course: 20.00 km

20km Strecke

Category:

Männer (20-29 Jahre)

Total time: 1:58:28

Speed: 10.13 km/h

Running performance: 5:55 min/km

Rank in course/Total: 388 (of 552)

Rank in course/Men: 323 (of 405)

Best time in course: 1:13:54

Rank in category: 32(of 34)

Best time in the category: 1:13:54

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
10 km	10.00	1:00:36	6:03	33	22:02	337	22:02	10.00	1:00:36	6:03	33	22:02	337	22:02
Finish	10.00	57:52	5:47	32	22:32	318	22:32	20.00	1:58:28	5:55	32	44:34	323	44:34