



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Keilitz, Thomas

Club: Sondershausen

Number: 480

Course: 20.00 km

20km Strecke

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:58:38

Speed: 10.12 km/h

Running performance: 5:56 min/km

Rank in course/Total: 392 (of 552)

Rank in course/Men: 324 (of 405)

Best time in course: 1:13:54

Rank in category: 18(of 28)

Best time in the category: 1:23:45

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	1:02:32	6:15	21	19:17	356	23:58	10.00	1:02:32	6:15	21	19:17	356	23:58
Finish	10.00	56:06	5:36	15	15:36	291	20:46	20.00	1:58:38	5:55	18	34:53	324	44:44