



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Grube, Thomas

Club: Weira
Number: 621

Course: 20.00 km
20km Strecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:59:03

Speed: 10.08 km/h
Running performance: 5:57 min/km

Rank in course/Total: 399 (of 552)

Rank in course/Men: 331 (of 405)

Best time in course: 1:13:54

Rank in category: 60(of 76)

Best time in the category: 1:22:39

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	59:23	5:56	58	16:55	317	20:49	10.00	59:23	5:56	58	16:55	317	20:49
Finish	10.00	59:40	5:58	63	19:48	341	24:20	20.00	1:59:03	5:57	60	36:24	331	45:09