



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Göhring, Torsten

Club: TSV 1860 Römhild

Number: 283

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:59:33

Speed: 10.04 km/h

Running performance: 5:59 min/km

Rank in course/Total: 404 (of 552)

Rank in course/Men: 334 (of 405)

Best time in course: 1:13:54

Rank in category: 63(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	58:48	5:52	55	16:20	305	20:14	10.00	58:48	5:52	55	16:20	305	20:14
Finish	10.00	1:00:45	6:04	65	20:53	347	25:25	20.00	1:59:33	5:58	63	36:54	334	45:39