



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Manthey, Thomas

Club: Rattelsdorf

Number: 570

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:59:34

Speed: 10.04 km/h

Running performance: 5:59 min/km

Rank in course/Total: 405 (of 552)

Rank in course/Men: 335 (of 405)

Best time in course: 1:13:54

Rank in category: 50(of 59)

Best time in the category: 1:15:34

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	1:01:03	6:06	51	21:46	339	22:29	10.00	1:01:03	6:06	51	21:46	339	22:29
Finish	10.00	58:31	5:51	49	22:14	324	23:11	20.00	1:59:34	5:58	50	44:00	335	45:40