



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Schwarz, Sirko

Club: Schlossberg-Runners

Number: 96

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:01:40

Speed: 9.86 km/h

Running performance: 6:05 min/km

Rank in course/Total: 426 (of 552)

Rank in course/Men: 346 (of 405)

Best time in course: 1:13:54

Rank in category: 54(of 59)

Best time in the category: 1:15:34

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	59:14	5:55	49	19:57	315	20:40	10.00	59:14	5:55	49	19:57	315	20:40
Finish	10.00	1:02:26	6:14	55	26:09	361	27:06	20.00	2:01:40	6:05	54	46:06	346	47:46