



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Luck, Benjamin

Club: SV Gescheitert

Number: 391

Course: 20.00 km

20km Strecke

Category:

Männer (20-29 Jahre)

Total time: 2:01:58

Speed: 9.84 km/h

Running performance: 6:06 min/km

Rank in course/Total: 431 (of 552)

Rank in course/Men: 349 (of 405)

Best time in course: 1:13:54

Rank in category: 34(of 34)

Best time in the category: 1:13:54

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	57:45	5:46	32	19:11	286	19:11	10.00	57:45	5:46	32	19:11	286	19:11
Finish	10.00	1:04:13	6:25	34	28:53	374	28:53	20.00	2:01:58	6:05	34	48:04	349	48:04