



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 |