



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Rippel, Markus

Club: SV Normania Treffurt

Number: 500

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:22:55

Speed: 14.47 km/h

Running performance: 4:09 min/km

Rank in course/Total: 15 (of 552)

Rank in course/Men: 15 (of 405)

Best time in course: 1:13:54

Rank in category: 4(of 56)

Best time in the category: 1:16:17

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	42:38	4:15	4	3:20	15	4:04	10.00	42:38	4:15	4	3:20	15	4:04
Finish	10.00	40:17	4:01	4	3:18	15	4:57	20.00	1:22:55	4:08	4	6:38	15	9:01