



# 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total       |               | Pos<br>Cat. | Behind<br>Cat. | Total ranking |               |      |
|---------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-------------|----------------|---------------|---------------|------|
|         |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km | Total<br>Time |             |                | Pos<br>Men    | Behind<br>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 |