



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Prasser, Niels

Club: SG Motor Arnstadt

Number: 430

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:02:38

Speed: 9.79 km/h

Running performance: 6:08 min/km

Rank in course/Total: 438 (of 552)

Rank in course/Men: 353 (of 405)

Best time in course: 1:13:54

Rank in category: 56(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	1:03:18	6:19	56	24:01	369	24:44	10.00	1:03:18	6:19	56	24:01	369	24:44
Finish	10.00	59:20	5:56	52	23:03	336	24:00	20.00	2:02:38	6:07	56	47:04	353	48:44