



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Boese, Thomas

Club: LT Aktiv und Gesund

Number: 199

Course: 20.00 km

20km Strecke

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:02:59

Speed: 9.76 km/h

Running performance: 6:09 min/km

Rank in course/Total: 442 (of 552)

Rank in course/Men: 355 (of 405)

Best time in course: 1:13:54

Rank in category: 19(of 28)

Best time in the category: 1:23:45

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	1:03:21	6:20	23	20:06	370	24:47	10.00	1:03:21	6:20	23	20:06	370	24:47
Finish	10.00	59:38	5:57	19	19:08	339	24:18	20.00	2:02:59	6:08	19	39:14	355	49:05