



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Koch, Christian

Club: Ilmenau

Number: 644

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:04:08

Speed: 9.67 km/h

Running performance: 6:13 min/km

Rank in course/Total: 449 (of 552)

Rank in course/Men: 359 (of 405)

Best time in course: 1:13:54

Rank in category: 66(of 76)

Best time in the category: 1:22:39

Intermediate times

Stage score

Total ranking

| Control | Split | Split | Split | Pos | Behind | Pos | Behind | Total | Total | Total | Pos | Behind | Pos | Behind |
|---------|-------|---------|--------|------|--------|-----|--------|-------|---------|--------|------|--------|-----|--------|
| | km | Time | min/km | Cat. | Cat. | Men | Men | km | Time | min/km | Cat. | Cat. | Men | Men |
| 10 km | 10.00 | 1:00:35 | 6:03 | 63 | 18:07 | 336 | 22:01 | 10.00 | 1:00:35 | 6:03 | 63 | 18:07 | 336 | 22:01 |
| Finish | 10.00 | 1:03:33 | 6:21 | 69 | 23:41 | 365 | 28:13 | 20.00 | 2:04:08 | 6:12 | 66 | 41:29 | 359 | 50:14 |