



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