



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Eckhard, Arnold

Club: Harzer Roller Club

Number: 565

Course: 20.00 km

20km Strecke

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:04:32

Speed: 9.64 km/h

Running performance: 6:14 min/km

Rank in course/Total: 450 (of 552)

Rank in course/Men: 361 (of 405)

Best time in course: 1:13:54

Rank in category: 20(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	1:02:30	6:15	20	19:15	355	23:56	10.00	1:02:30	6:15	20	19:15	355	23:56
Finish	10.00	1:02:02	6:12	21	21:32	357	26:42	20.00	2:04:32	6:13	20	40:47	361	50:38