



## 26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

### Detailed evaluation

**Arndt, Joachim**

Club: GutsMuths RSLV

Number: 174

Course: 20.00 km

20km Strecke

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:05:38

Speed: 9.55 km/h

Running performance: 6:17 min/km

Rank in course/Total: 468 (of 552)

Rank in course/Men: 366 (of 405)

Best time in course: 1:13:54

Rank in category: 22(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	km	Time			min/km	Pos Men	Behind Men
10 km	10.00	1:03:27	6:20	24	20:12	371	24:53	10.00	1:03:27	6:20	24	20:12	371	24:53
Finish	10.00	1:02:11	6:13	22	21:41	360	26:51	20.00	2:05:38	6:16	22	41:53	366	51:44