



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Arnold, Dirk

Club: Suhl

Number: 225

Course: 20.00 km

20km Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:06:07

Speed: 9.51 km/h

Running performance: 6:19 min/km

Rank in course/Total: 474 (of 552)

Rank in course/Men: 367 (of 405)

Best time in course: 1:13:54

Rank in category: 43(of 51)

Best time in the category: 1:18:53

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	1:03:31	6:21	44	23:19	372	24:57	10.00	1:03:31	6:21	44	23:19	372	24:57
Finish	10.00	1:02:36	6:15	43	23:55	362	27:16	20.00	2:06:07	6:18	43	47:14	367	52:13