



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Kirste, Udo

Club: Simply The Rest

Number: 315

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:07:27

Speed: 9.42 km/h

Running performance: 6:22 min/km

Rank in course/Total: 478 (of 552)

Rank in course/Men: 368 (of 405)

Best time in course: 1:13:54

Rank in category: 69(of 76)

Best time in the category: 1:22:39

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	1:05:17	6:31	70	22:49	381	26:43	10.00	1:05:17	6:31	70	22:49	381	26:43
Finish	10.00	1:02:10	6:13	68	22:18	359	26:50	20.00	2:07:27	6:22	69	44:48	368	53:33