



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Völker, Stefan

Club: SV Bergern

Number: 53

Course: 20.00 km

20km Strecke

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:07:46

Speed: 9.39 km/h

Running performance: 6:23 min/km

Rank in course/Total: 483 (of 552)

Rank in course/Men: 371 (of 405)

Best time in course: 1:13:54

Rank in category: 23(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	1:01:23	6:08	19	18:08	343	22:49	10.00	1:01:23	6:08	19	18:08	343	22:49
Finish	10.00	1:06:23	6:38	25	25:53	384	31:03	20.00	2:07:46	6:23	23	44:01	371	53:52