



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Dehmel, Gerhard

Club: ThwV Ilmenau

Number: 450

Course: 20.00 km

20km Strecke

Category:

Senioren M75 (75-79 Jahre)

Total time: 2:07:51

Speed: 9.39 km/h

Running performance: 6:23 min/km

Rank in course/Total: 484 (of 552)

Rank in course/Men: 372 (of 405)

Best time in course: 1:13:54

Rank in category: 1(of 2)

Best time in the category: 2:07:51

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	1:03:59	6:23	1	-	374	25:25	10.00	1:03:59	6:23	1	-	374	25:25
Finish	10.00	1:03:52	6:23	1	-	371	28:32	20.00	2:07:51	6:23	1	-	372	53:57