



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Naumann, Lutz

Club: Chemnitz

Number: 295

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:07:56

Speed: 9.38 km/h

Running performance: 6:24 min/km

Rank in course/Total: 485 (of 552)

Rank in course/Men: 373 (of 405)

Best time in course: 1:13:54

Rank in category: 70(of 76)

Best time in the category: 1:22:39

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
10 km	10.00	1:03:39	6:21	69	21:11	373	25:05	10.00	1:03:39	6:21	69	21:11	373	25:05
Finish	10.00	1:04:17	6:25	71	24:25	375	28:57	20.00	2:07:56	6:23	70	45:17	373	54:02