



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Deinhard, Jens-Uwe

Club: Laufburschen Ilmenau

Number: 408

Course: 20.00 km

20km Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:09:49

Speed: 9.24 km/h

Running performance: 6:29 min/km

Rank in course/Total: 492 (of 552)

Rank in course/Men: 378 (of 405)

Best time in course: 1:13:54

Rank in category: 45(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	1:06:55	6:41	48	26:43	389	28:21	10.00	1:06:55	6:41	48	26:43	389	28:21
Finish	10.00	1:02:54	6:17	44	24:13	363	27:34	20.00	2:09:49	6:29	45	50:56	378	55:55