



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 | 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 | 1:06:55 | 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 |