



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Ullrich, Gerd

Club: GutsMuths RSLV

Number: 622

Course: 20.00 km

20km Strecke

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:23:45

Speed: 14.33 km/h

Running performance: 4:11 min/km

Rank in course/Total: 17 (of 552)

Rank in course/Men: 17 (of 405)

Best time in course: 1:13:54

Rank in category: 1(of 28)

Best time in the category: 1:23:45

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	43:15	4:19	1	-	22	4:41	10.00	43:15	4:19	1	-	22	4:41
Finish	10.00	40:30	4:02	1	-	18	5:10	20.00	1:23:45	4:11	1	-	17	9:51