



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Pohling, Ulf

Club: Skatstadtmarathon

Number: 129

Course: 20.00 km

20km Strecke

Category:

Senioren M60 (60-64 Jahre)

Total time: 2:10:09

Speed: 9.22 km/h

Running performance: 6:31 min/km

Rank in course/Total: 496 (of 552)

Rank in course/Men: 380 (of 405)

Best time in course: 1:13:54

Rank in category: 16(of 16)

Best time in the category: 1:40:03

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	1:06:21	6:38	16	14:40	384	27:47	10.00	1:06:21	6:38	16	14:40	384	27:47
Finish	10.00	1:03:48	6:22	15	15:26	369	28:28	20.00	2:10:09	6:30	16	30:06	380	56:15