



# 26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

## Detailed evaluation

**Rabich, Stephan**

Club: USV Jena

Number: 640

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:10:20

Speed: 9.21 km/h

Running performance: 6:31 min/km

Rank in course/Total: 498 (of 552)

Rank in course/Men: 381 (of 405)

Best time in course: 1:13:54

Rank in category: 71(of 76)

Best time in the category: 1:22:39

### Intermediate times

### Stage score

### Total ranking

| Control | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|---------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|         |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| 10 km   | 10.00       | 1:06:42       | 6:40            | 71          | 24:14          | 387         | 28:08         | 10.00         | 1:06:42       | 6:40            | 71          | 24:14          | 387        | 28:08         |
| Finish  | 10.00       | 1:03:38       | 6:21            | 70          | 23:46          | 366         | 28:18         | 20.00         | 2:10:20       | 6:31            | 71          | 47:41          | 381        | 56:26         |