



# 26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

## Detailed evaluation

**Grebe, Martin**

Club: LT Altensteiner Park

Number: 455

Course: 20.00 km

20km Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:12:44

Speed: 9.04 km/h

Running performance: 6:38 min/km

Rank in course/Total: 503 (of 552)

Rank in course/Men: 386 (of 405)

Best time in course: 1:13:54

Rank in category: 48(of 51)

Best time in the category: 1:18:53

### 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       | 1:06:29       | 6:38            | 46          | 26:17          | 385         | 27:55         | 10.00         | 1:06:29       | 6:38            | 46          | 26:17          | 385        | 27:55         |
| Finish  | 10.00       | 1:06:15       | 6:37            | 48          | 27:34          | 383         | 30:55         | 20.00         | 2:12:44       | 6:38            | 48          | 53:51          | 386        | 58:50         |