



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Fischer, Sebastian

Club: Schleusingen

Number: 585

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:30:15

Speed: 13.30 km/h

Running performance: 4:31 min/km

Rank in course/Total: 55 (of 552)

Rank in course/Men: 52 (of 405)

Best time in course: 1:13:54

Rank in category: 9(of 56)

Best time in the category: 1:16:17

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
10 km	10.00	45:59	4:35	7	6:41	49	7:25	10.00	45:59	4:35	7	6:41	49	7:25
Finish	10.00	44:16	4:25	9	7:17	58	8:56	20.00	1:30:15	4:30	9	13:58	52	16:21