



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Zscharnt, Holger

Club: DAV Inselberg

Number: 334

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:20:12

Speed: 8.56 km/h

Running performance: 7:01 min/km

Rank in course/Total: 524 (of 552)

Rank in course/Men: 394 (of 405)

Best time in course: 1:13:54

Rank in category: 73(of 76)

Best time in the category: 1:22:39

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	1:08:51	6:53	72	26:23	391	30:17	10.00	1:08:51	6:53	72	26:23	391	30:17
Finish	10.00	1:11:21	7:08	74	31:29	397	36:01	20.00	2:20:12	7:00	73	57:33	394	1:06:18