



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Scherf, Dirk

Club: Lauscha

Number: 637

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:27:34

Speed: 8.13 km/h

Running performance: 7:23 min/km

Rank in course/Total: 545 (of 552)

Rank in course/Men: 403 (of 405)

Best time in course: 1:13:54

Rank in category: 75(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	1:12:43	7:16	75	30:15	403	34:09	10.00	1:12:43	7:16	75	30:15	403	34:09
Finish	10.00	1:14:51	7:29	75	34:59	401	39:31	20.00	2:27:34	7:22	75	1:04:55	403	1:13:40