



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Ernst, Steffen

Club: SG Rennsteig Masserb

Number: 186

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:27:33

Speed: 8.13 km/h

Running performance: 7:23 min/km

Rank in course/Total: 543 (of 552)

Rank in course/Men: 402 (of 405)

Best time in course: 1:13:54

Rank in category: 59(of 59)

Best time in the category: 1:15:34

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	1:11:58	7:11	59	32:41	401	33:24	10.00	1:11:58	7:11	59	32:41	401	33:24
Finish	10.00	1:15:35	7:33	59	39:18	403	40:15	20.00	2:27:33	7:22	59	1:11:59	402	1:13:39