



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Müller, Jens

Club: WSV 08 Lauscha

Number: 424

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:24:22

Speed: 14.22 km/h

Running performance: 4:13 min/km

Rank in course/Total: 21 (of 552)

Rank in course/Men: 20 (of 405)

Best time in course: 1:13:54

Rank in category: 3(of 76)

Best time in the category: 1:22:39

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
10 km	10.00	43:33	4:21	3	1:05	24	4:59	10.00	43:33	4:21	3	1:05	24	4:59
Finish	10.00	40:49	4:04	4	0:57	21	5:29	20.00	1:24:22	4:13	3	1:43	20	10:28