



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Keiderling, Benjamin

Club: MEDLETIK Sports Team

Number: 16

Course: 20.00 km

20km Strecke

Category:

Männer (20-29 Jahre)

Total time: 1:25:06

Speed: 14.10 km/h

Running performance: 4:16 min/km

Rank in course/Total: 25 (of 552)

Rank in course/Men: 23 (of 405)

Best time in course: 1:13:54

Rank in category: 3(of 34)

Best time in the category: 1:13:54

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	42:23	4:14	2	3:49	12	3:49	10.00	42:23	4:14	2	3:49	12	3:49
Finish	10.00	42:43	4:16	5	7:23	35	7:23	20.00	1:25:06	4:15	3	11:12	23	11:12