



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Römhild, Andy

Club: Trusetal

Number: 122

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:25:47

Speed: 13.99 km/h

Running performance: 4:17 min/km

Rank in course/Total: 28 (of 552)

Rank in course/Men: 26 (of 405)

Best time in course: 1:13:54

Rank in category: 11(of 61)

Best time in the category: 1:15:59

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
10 km	10.00	43:30	4:20	11	3:55	23	4:56	10.00	43:30	4:20	11	3:55	23	4:56
Finish	10.00	42:17	4:13	11	5:53	30	6:57	20.00	1:25:47	4:17	11	9:48	26	11:53