



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Thiele, Sebastian

Club: Laufexpress Rudolsta

Number: 631

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:26:14

Speed: 13.92 km/h

Running performance: 4:19 min/km

Rank in course/Total: 32 (of 552)

Rank in course/Men: 29 (of 405)

Best time in course: 1:13:54

Rank in category: 13(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.	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	43:44	4:22	12	4:09	26	5:10	10.00	43:44	4:22	12	4:09	26	5:10
Finish	10.00	42:30	4:15	13	6:06	33	7:10	20.00	1:26:14	4:18	13	10:15	29	12:20