



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Ros, Sascha

Club: Eisfeld

Number: 397

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:26:33

Speed: 13.86 km/h

Running performance: 4:20 min/km

Rank in course/Total: 34 (of 552)

Rank in course/Men: 31 (of 405)

Best time in course: 1:13:54

Rank in category: 5(of 56)

Best time in the category: 1:16:17

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	44:25	4:26	6	5:07	32	5:51	10.00	44:25	4:26	6	5:07	32	5:51
Finish	10.00	42:08	4:12	5	5:09	27	6:48	20.00	1:26:33	4:19	5	10:16	31	12:39