



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Kürschner, Heiko

Club: WSC07 Ruhla

Number: 482

Course: 20.00 km

20km Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:29:28

Speed: 13.41 km/h

Running performance: 4:28 min/km

Rank in course/Total: 50 (of 552)

Rank in course/Men: 47 (of 405)

Best time in course: 1:13:54

Rank in category: 3(of 51)

Best time in the category: 1:18:53

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	45:37	4:33	3	5:25	46	7:03	10.00	45:37	4:33	3	5:25	46	7:03
Finish	10.00	43:51	4:23	4	5:10	51	8:31	20.00	1:29:28	4:28	3	10:35	47	15:34