



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Hesse, Martin

Club: Hesserunners

Number: 2

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:33:16

Speed: 12.87 km/h

Running performance: 4:40 min/km

Rank in course/Total: 85 (of 552)

Rank in course/Men: 79 (of 405)

Best time in course: 1:13:54

Rank in category: 13(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	48:48	4:52	16	9:30	94	10:14	10.00	48:48	4:52	16	9:30	94	10:14
Finish	10.00	44:28	4:26	10	7:29	61	9:08	20.00	1:33:16	4:39	13	16:59	79	19:22