



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Heymel, Torsten

Club: Bettenhausen

Number: 476

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:34:17

Speed: 12.73 km/h

Running performance: 4:43 min/km

Rank in course/Total: 95 (of 552)

Rank in course/Men: 88 (of 405)

Best time in course: 1:13:54

Rank in category: 15(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	46:53	4:41	9	7:35	65	8:19	10.00	46:53	4:41	9	7:35	65	8:19
Finish	10.00	47:24	4:44	19	10:25	111	12:04	20.00	1:34:17	4:42	15	18:00	88	20:23