



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Heublein, Jan

Club: Steinach/Thür.

Number: 493

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:36:13

Speed: 12.47 km/h

Running performance: 4:49 min/km

Rank in course/Total: 110 (of 552)

Rank in course/Men: 103 (of 405)

Best time in course: 1:13:54

Rank in category: 14(of 59)

Best time in the category: 1:15:34

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	50:08	5:00	16	10:51	116	11:34	10.00	50:08	5:00	16	10:51	116	11:34
Finish	10.00	46:05	4:36	12	9:48	89	10:45	20.00	1:36:13	4:48	14	20:39	103	22:19