



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Hess, Thomas

Club: Saalfeld/Saale

Number: 417

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:37:37

Speed: 12.29 km/h

Running performance: 4:53 min/km

Rank in course/Total: 122 (of 552)

Rank in course/Men: 113 (of 405)

Best time in course: 1:13:54

Rank in category: 20(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	48:51	4:53	17	9:33	95	10:17	10.00	48:51	4:53	17	9:33	95	10:17
Finish	10.00	48:46	4:52	21	11:47	128	13:26	20.00	1:37:37	4:52	20	21:20	113	23:43