



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Geiß, Heiko

Club: TSV Oberstreu

Number: 57

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:42:13

Speed: 11.74 km/h

Running performance: 5:07 min/km

Rank in course/Total: 171 (of 552)

Rank in course/Men: 158 (of 405)

Best time in course: 1:13:54

Rank in category: 28(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	51:54	5:11	25	12:36	163	13:20	10.00	51:54	5:11	25	12:36	163	13:20
Finish	10.00	50:19	5:01	28	13:20	171	14:59	20.00	1:42:13	5:06	28	25:56	158	28:19