



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 |