



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Heyn, Andre

Club: FC Deutsche Post

Number: 10109

Course: 10.00 km

10km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 47:48

Speed: 12.55 km/h

Running performance: 4:47 min/km

Rank in course/Total: 31 (of 205)

Rank in course/Men: 26 (of 105)

Best time in course: 37:55

Rank in category: 5(of 15)

Best time in the category: 39:43