



## 26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

### Detailed evaluation

**Heilwagen, René**

Club: GutsMuths RSLV

Number: 115

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:44:09

Speed: 11.52 km/h

Running performance: 5:13 min/km

Rank in course/Total: 201 (of 552)

Rank in course/Men: 183 (of 405)

Best time in course: 1:13:54

Rank in category: 32(of 76)

Best time in the category: 1:22:39

### 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	54:20	5:26	35	11:52	205	15:46	10.00	54:20	5:26	35	11:52	205	15:46
Finish	10.00	49:49	4:58	28	9:57	159	14:29	20.00	1:44:09	5:12	32	21:30	183	30:15