



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Banz, Heiko

Club: Kaltennordheim

Number: 267

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:47:43

Speed: 11.14 km/h

Running performance: 5:23 min/km

Rank in course/Total: 245 (of 552)

Rank in course/Men: 219 (of 405)

Best time in course: 1:13:54

Rank in category: 34(of 59)

Best time in the category: 1:15:34

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	54:46	5:28	37	15:29	217	16:12	10.00	54:46	5:28	37	15:29	217	16:12
Finish	10.00	52:57	5:17	35	16:40	223	17:37	20.00	1:47:43	5:23	34	32:09	219	33:49