



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Höfler, Jens

Club: BBZ Sonneberg

Number: 230

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:49:14

Speed: 10.99 km/h

Running performance: 5:28 min/km

Rank in course/Total: 267 (of 552)

Rank in course/Men: 237 (of 405)

Best time in course: 1:13:54

Rank in category: 38(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	56:33	5:39	40	17:16	261	17:59	10.00	56:33	5:39	40	17:16	261	17:59
Finish	10.00	52:41	5:16	33	16:24	217	17:21	20.00	1:49:14	5:27	38	33:40	237	35:20