



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Höhn, Stephan

Club: Simply The Rest

Number: 367

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:52:12

Speed: 10.70 km/h

Running performance: 5:37 min/km

Rank in course/Total: 314 (of 552)

Rank in course/Men: 272 (of 405)

Best time in course: 1:13:54

Rank in category: 48(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	57:37	5:45	52	15:09	285	19:03	10.00	57:37	5:45	52	15:09	285	19:03
Finish	10.00	54:35	5:27	43	14:43	256	19:15	20.00	1:52:12	5:36	48	29:33	272	38:18