



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Vogt, Heiko

Club: Feuerwehr Köllda

Number: 107

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:56:20

Speed: 10.32 km/h

Running performance: 5:49 min/km

Rank in course/Total: 369 (of 552)

Rank in course/Men: 311 (of 405)

Best time in course: 1:13:54

Rank in category: 59(of 76)

Best time in the category: 1:22:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
10 km	10.00	56:42	5:40	48	14:14	265	18:08	10.00	56:42	5:40	48	14:14	265	18:08	
Finish	10.00	59:38	5:57	62	19:46	339	24:18	20.00	1:56:20	5:48	59	33:41	311	42:26	