



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Heß, Torsten

Club: LG Rippershausen

Number: 416

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:22:39

Speed: 14.52 km/h

Running performance: 4:08 min/km

Rank in course/Total: 13 (of 552)

Rank in course/Men: 13 (of 405)

Best time in course: 1:13:54

Rank in category: 1(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
10 km	10.00	42:47	4:16	2	0:19	16	4:13	10.00	42:47	4:16	2	0:19	16	4:13
Finish	10.00	39:52	3:59	1	-	13	4:32	20.00	1:22:39	4:07	1	-	13	8:45