



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Höhn, Kai

Club: Laufexpress Rudolsta

Number: 625

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:22:41

Speed: 14.51 km/h

Running performance: 4:08 min/km

Rank in course/Total: 14 (of 552)

Rank in course/Men: 14 (of 405)

Best time in course: 1:13:54

Rank in category: 2(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	42:28	4:14	1	-	13	3:54	10.00	42:28	4:14	1	-	13	3:54
Finish	10.00	40:13	4:01	2	0:21	14	4:53	20.00	1:22:41	4:08	2	0:02	14	8:47