



# 26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

## Detailed evaluation

**Heß, Oliver**

Club: Erfurt

Number: 34

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:58:46

Speed: 10.10 km/h

Running performance: 5:56 min/km

Rank in course/Total: 393 (of 552)

Rank in course/Men: 326 (of 405)

Best time in course: 1:13:54

Rank in category: 59(of 61)

Best time in the category: 1:15:59

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
10 km	10.00	1:00:30	6:02	59	20:55	335	21:56	10.00	1:00:30	6:02	59	20:55	335	21:56
Finish	10.00	58:16	5:49	57	21:52	322	22:56	20.00	1:58:46	5:56	59	42:47	326	44:52