



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Heilwagen, Dieter

Club: Wutha-Farnroda

Number: 474

Course: 20.00 km

20km Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:58:53

Speed: 10.09 km/h

Running performance: 5:56 min/km

Rank in course/Total: 395 (of 552)

Rank in course/Men: 328 (of 405)

Best time in course: 1:13:54

Rank in category: 39(of 51)

Best time in the category: 1:18:53

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	1:00:14	6:01	39	20:02	328	21:40	10.00	1:00:14	6:01	39	20:02	328	21:40
Finish	10.00	58:39	5:51	40	19:58	327	23:19	20.00	1:58:53	5:56	39	40:00	328	44:59