



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Heinze, Christian

Club: SV Crimla

Number: 575

Course: 20.00 km

20km Strecke

Category:

Senioren M60 (60-64 Jahre)

Total time: 2:01:31

Speed: 9.88 km/h

Running performance: 6:05 min/km

Rank in course/Total: 422 (of 552)

Rank in course/Men: 345 (of 405)

Best time in course: 1:13:54

Rank in category: 11(of 16)

Best time in the category: 1:40:03

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	1:02:44	6:16	12	11:03	360	24:10	10.00	1:02:44	6:16	12	11:03	360	24:10
Finish	10.00	58:47	5:52	9	10:25	328	23:27	20.00	2:01:31	6:04	11	21:28	345	47:37