



# 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|---------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|         |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |