



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Heinz, Christian

Club: Geraberg

Number: 216

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:29:49

Speed: 8.01 km/h

Running performance: 7:29 min/km

Rank in course/Total: 550 (of 552)

Rank in course/Men: 405 (of 405)

Best time in course: 1:13:54

Rank in category: 76(of 76)

Best time in the category: 1:22:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
10 km	10.00	1:14:36	7:27	76	32:08	405	36:02	10.00	1:14:36	7:27	76	32:08	405	36:02
Finish	10.00	1:15:13	7:31	76	35:21	402	39:53	20.00	2:29:49	7:29	76	1:07:10	405	1:15:55