



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Naumann, Hannes

Club: Coburg

Number: 465

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:24:45

Speed: 14.16 km/h

Running performance: 4:14 min/km

Rank in course/Total: 24 (of 552)

Rank in course/Men: 22 (of 405)

Best time in course: 1:13:54

Rank in category: 9(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
10 km	10.00	42:53	4:17	8	3:18	19	4:19	10.00	42:53	4:17	8	3:18	19	4:19
Finish	10.00	41:52	4:11	10	5:28	25	6:32	20.00	1:24:45	4:14	9	8:46	22	10:51