



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Heller, Maik

Club: Geisa
Number: 223

Course: 20.00 km
20km Strecke

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:26:02

Speed: 13.95 km/h
Running performance: 4:18 min/km

Rank in course/Total: 30 (of 552)

Rank in course/Men: 28 (of 405)

Best time in course: 1:13:54

Rank in category: 12(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	44:12	4:25	14	4:37	28	5:38	10.00	44:12	4:25	14	4:37	28	5:38
Finish	10.00	41:50	4:11	8	5:26	23	6:30	20.00	1:26:02	4:18	12	10:03	28	12:08