



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Nahr, Lukas

Club: SV 08 Steinach

Number: 343

Course: 20.00 km

20km Strecke

Category:

Männer (20-29 Jahre)

Total time: 1:25:48

Speed: 13.99 km/h

Running performance: 4:17 min/km

Rank in course/Total: 35 (of 528)

Rank in course/Men: 34 (of 390)

Best time in course: 1:09:23

Rank in category: 8(of 38)

Best time in the category: 1:09:23

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	km	Time			min/km	Pos Men	Behind Men
Lap 1	10.00	43:33	4:21	8	8:02	33	8:02	10.00	43:33	4:21	8	8:02	33	8:02
Last lap Finish	10.00	42:15	4:13	8	8:23	37	8:23	20.00	1:25:48	4:17	8	16:25	34	16:25