



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Thiele, Sebastian

Club: Laufexpress Rudolstadt

Number: 564

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:26:41

Speed: 13.84 km/h

Running performance: 4:20 min/km

Rank in course/Total: 38 (of 528)

Rank in course/Men: 37 (of 390)

Best time in course: 1:09:23

Rank in category: 15(of 60)

Best time in the category: 1:13:14

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 |
| Lap 1 | 10.00 | 43:38 | 4:21 | 16 | 6:31 | 35 | 8:07 | 10.00 | 43:38 | 4:21 | 16 | 6:31 | 35 | 8:07 |
| Last lap Finish | 10.00 | 43:03 | 4:18 | 16 | 6:56 | 41 | 9:11 | 20.00 | 1:26:41 | 4:20 | 15 | 13:27 | 37 | 17:18 |