



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Heß, Torsten

Club: LG Rippershausen

Number: 339

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:26:43

Speed: 13.84 km/h

Running performance: 4:20 min/km

Rank in course/Total: 39 (of 528)

Rank in course/Men: 38 (of 390)

Best time in course: 1:09:23

Rank in category: 7(of 65)

Best time in the category: 1:10:41

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	44:40	4:28	7	8:15	43	9:09	10.00	44:40	4:28	7	8:15	43	9:09
Last lap Finish	10.00	42:03	4:12	6	7:47	35	8:11	20.00	1:26:43	4:20	7	16:02	38	17:20