



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Hermann, Maik

Club: GutsMuths RSLV

Number: 15

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:28:16

Speed: 13.60 km/h

Running performance: 4:25 min/km

Rank in course/Total: 45 (of 528)

Rank in course/Men: 44 (of 390)

Best time in course: 1:09:23

Rank in category: 18(of 60)

Best time in the category: 1:13:14

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	10.00	43:48	4:22	17	6:41	37	8:17	10.00	43:48	4:22	17	6:41	37	8:17
Last lap Finish	10.00	44:28	4:26	20	8:21	61	10:36	20.00	1:28:16	4:24	18	15:02	44	18:53