



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Heymel, Torsten

Club: LG Rippershausen

Number: 450

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:28:33

Speed: 13.55 km/h

Running performance: 4:26 min/km

Rank in course/Total: 46 (of 528)

Rank in course/Men: 45 (of 390)

Best time in course: 1:09:23

Rank in category: 5(of 51)

Best time in the category: 1:20:57

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	46:45	4:40	6	5:23	55	11:14	10.00	46:45	4:40	6	5:23	55	11:14
Last lap Finish	10.00	41:48	4:10	4	2:13	34	7:56	20.00	1:28:33	4:25	5	7:36	45	19:10