



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Seeber, Jörg

Club: WSV Scheibe Alsbach

Number: 420

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:31:37

Speed: 13.10 km/h

Running performance: 4:35 min/km

Rank in course/Total: 59 (of 528)

Rank in course/Men: 57 (of 390)

Best time in course: 1:09:23

Rank in category: 10(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	10.00	47:36	4:45	10	11:11	62	12:05	10.00	47:36	4:45	10	11:11	62	12:05
Last lap Finish	10.00	44:01	4:24	10	9:45	57	10:09	20.00	1:31:37	4:34	10	20:56	57	22:14