



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Hess, Thomas

Club: Laufexpress Rudolstadt

Number: 566

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:32:11

Speed: 13.02 km/h

Running performance: 4:37 min/km

Rank in course/Total: 62 (of 528)

Rank in course/Men: 60 (of 390)

Best time in course: 1:09:23

Rank in category: 10(of 71)

Best time in the category: 1:19:44

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	46:48	4:40	10	6:10	56	11:17	10.00	46:48	4:40	10	6:10	56	11:17
Last lap Finish	10.00	45:23	4:32	12	6:17	70	11:31	20.00	1:32:11	4:36	10	12:27	60	22:48