



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Konieczny, Lars

Club: Fit by Schmidt

Number: 573

Course: 20.00 km

20km Strecke

Category:

Männer (20-29 Jahre)

Total time: 1:32:37

Speed: 12.96 km/h

Running performance: 4:38 min/km

Rank in course/Total: 67 (of 528)

Rank in course/Men: 65 (of 390)

Best time in course: 1:09:23

Rank in category: 12(of 38)

Best time in the category: 1:09:23

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	48:39	4:51	16	13:08	83	13:08	10.00	48:39	4:51	16	13:08	83	13:08
Last lap Finish	10.00	43:58	4:23	12	10:06	55	10:06	20.00	1:32:37	4:37	12	23:14	65	23:14