



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Kerst, Alexander

Club: Walschberg Runners

Number: 57

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:33:10

Speed: 12.88 km/h

Running performance: 4:40 min/km

Rank in course/Total: 71 (of 528)

Rank in course/Men: 69 (of 390)

Best time in course: 1:09:23

Rank in category: 21(of 60)

Best time in the category: 1:13:14

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	47:37	4:45	20	10:30	63	12:06	10.00	47:37	4:45	20	10:30	63	12:06
Last lap Finish	10.00	45:33	4:33	22	9:26	73	11:41	20.00	1:33:10	4:39	21	19:56	69	23:47