



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 |