



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Ohlhorst, Frank

Club: Erdinger Alkoholfrei

Number: 127

Course: 20.00 km

20km Strecke

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:33:31

Speed: 12.83 km/h

Running performance: 4:41 min/km

Rank in course/Total: 74 (of 528)

Rank in course/Men: 72 (of 390)

Best time in course: 1:09:23

Rank in category: 3(of 27)

Best time in the category: 1:30:14

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	47:29	4:44	2	1:29	58	11:58	10.00	47:29	4:44	2	1:29	58	11:58
Last lap Finish	10.00	46:02	4:36	3	1:48	85	12:10	20.00	1:33:31	4:40	3	3:17	72	24:08