



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Heß, Thomas

Number: 358

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:16:41

Speed: 15.65 km/h

Running performance: 3:50 min/km

Rank in course/Total: 6 (of 528)

Rank in course/Men: 6 (of 390)

Best time in course: 1:09:23

Rank in category: 2(of 60)

Best time in the category: 1:13:14

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	10.00	39:25	3:56	2	2:18	6	3:54	10.00	39:25	3:56	2	2:18	6	3:54
Last lap Finish	10.00	37:16	3:43	2	1:09	6	3:24	20.00	1:16:41	3:50	2	3:27	6	7:18