



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Rutkowski, Nils

Number: 466

Course: 20.00 km

20km Strecke

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:36:53

Speed: 12.39 km/h

Running performance: 4:50 min/km

Rank in course/Total: 105 (of 528)

Rank in course/Men: 102 (of 390)

Best time in course: 1:09:23

Rank in category: 5(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	50:40	5:03	5	4:40	127	15:09	10.00	50:40	5:03	5	4:40	127	15:09
Last lap Finish	10.00	46:13	4:37	4	1:59	91	12:21	20.00	1:36:53	4:50	5	6:39	102	27:30