



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Hörning, Frank

Number: 56

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:37:38

Speed: 12.29 km/h

Running performance: 4:53 min/km

Rank in course/Total: 113 (of 528)

Rank in course/Men: 110 (of 390)

Best time in course: 1:09:23

Rank in category: 14(of 65)

Best time in the category: 1:10:41

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	49:35	4:57	15	13:10	106	14:04	10.00	49:35	4:57	15	13:10	106	14:04
Last lap Finish	10.00	48:03	4:48	17	13:47	122	14:11	20.00	1:37:38	4:52	14	26:57	110	28:15