



27. Rennsteig Herbstlauf
Masserberg / 01.10.2017

Detailed evaluation

Spaar, Sebastian

Number: 10015

Course: 10.00 km
10km Strecke

Category:
Senioren M30 (30-34 Jahre)

Total time: 47:29

Speed: 12.64 km/h

Running performance: 4:45 min/km

Rank in course/Total: 19 (of 216)

Rank in course/Men: 19 (of 128)

Best time in course: 37:03

Rank in category: 5(of 17)

Best time in the category: 37:56