



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Seifarth, Jan

Club: LauffeuerFröttstädt

Number: 295

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:37:54

Speed: 12.26 km/h

Running performance: 4:53 min/km

Rank in course/Total: 118 (of 528)

Rank in course/Men: 114 (of 390)

Best time in course: 1:09:23

Rank in category: 25(of 71)

Best time in the category: 1:19:44

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	51:02	5:06	24	10:24	137	15:31	10.00	51:02	5:06	24	10:24	137	15:31
Last lap Finish	10.00	46:52	4:41	23	7:46	100	13:00	20.00	1:37:54	4:53	25	18:10	114	28:31