



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Sander, Manuel

Club: ACB

Number: 434

Course: 20.00 km

20km Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:38:49

Speed: 12.14 km/h

Running performance: 4:56 min/km

Rank in course/Total: 130 (of 528)

Rank in course/Men: 125 (of 390)

Best time in course: 1:09:23

Rank in category: 10(of 45)

Best time in the category: 1:17:55

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	51:00	5:05	12	11:09	135	15:29	10.00	51:00	5:05	12	11:09	135	15:29
Last lap Finish	10.00	47:49	4:46	9	9:45	117	13:57	20.00	1:38:49	4:56	10	20:54	125	29:26