



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Ruhland, Martin

Club: Lengenfeld unterm Stein

Number: 533

Course: 20.00 km

20km Strecke

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:39:45

Speed: 12.03 km/h

Running performance: 4:59 min/km

Rank in course/Total: 141 (of 528)

Rank in course/Men: 134 (of 390)

Best time in course: 1:09:23

Rank in category: 12(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	10.00	50:24	5:02	10	10:33	123	14:53	10.00	50:24	5:02	10	10:33	123	14:53
Last lap Finish	10.00	49:21	4:56	13	11:17	146	15:29	20.00	1:39:45	4:59	12	21:50	134	30:22