



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Rauchmaul, Rainer

Club: WSV Scheibe Alsbach

Number: 307

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:39:33

Speed: 12.05 km/h

Running performance: 4:59 min/km

Rank in course/Total: 139 (of 528)

Rank in course/Men: 132 (of 390)

Best time in course: 1:09:23

Rank in category: 19(of 65)

Best time in the category: 1:10:41

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	51:32	5:09	22	15:07	147	16:01	10.00	51:32	5:09	22	15:07	147	16:01
Last lap Finish	10.00	48:01	4:48	16	13:45	120	14:09	20.00	1:39:33	4:58	19	28:52	132	30:10