



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Gardeia, Thomas

Club: Team BAG TO LIFE

Number: 107

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:40:18

Speed: 11.96 km/h

Running performance: 5:01 min/km

Rank in course/Total: 145 (of 528)

Rank in course/Men: 138 (of 390)

Best time in course: 1:09:23

Rank in category: 28(of 71)

Best time in the category: 1:19:44

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	52:08	5:12	28	11:30	164	16:37	10.00	52:08	5:12	28	11:30	164	16:37
Last lap Finish	10.00	48:10	4:48	28	9:04	128	14:18	20.00	1:40:18	5:00	28	20:34	138	30:55