



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Zirk, Marco

Club: FC Brennholzverleih

Number: 249

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:33:55

Speed: 12.78 km/h

Running performance: 4:42 min/km

Rank in course/Total: 78 (of 528)

Rank in course/Men: 76 (of 390)

Best time in course: 1:09:23

Rank in category: 22(of 60)

Best time in the category: 1:13:14

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	48:12	4:49	22	11:05	74	12:41	10.00	48:12	4:49	22	11:05	74	12:41
Last lap Finish	10.00	45:43	4:34	23	9:36	76	11:51	20.00	1:33:55	4:41	22	20:41	76	24:32