



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Scheumann, Lars

Club: Zella Mehlis

Number: 550

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:41:12

Speed: 11.86 km/h

Running performance: 5:04 min/km

Rank in course/Total: 161 (of 528)

Rank in course/Men: 152 (of 390)

Best time in course: 1:09:23

Rank in category: 36(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	52:52	5:17	39	15:45	181	17:21	10.00	52:52	5:17	39	15:45	181	17:21
Last lap Finish	10.00	48:20	4:50	33	12:13	131	14:28	20.00	1:41:12	5:03	36	27:58	152	31:49