



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Volkmar, Michael

Number: 505

Course: 20.00 km

20km Strecke

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:39:33

Speed: 12.05 km/h

Running performance: 4:59 min/km

Rank in course/Total: 140 (of 528)

Rank in course/Men: 132 (of 390)

Best time in course: 1:09:23

Rank in category: 6(of 27)

Best time in the category: 1:30:14

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 | 51:52 | 5:11 | 10 | 5:52 | 159 | 16:21 | 10.00 | 51:52 | 5:11 | 10 | 5:52 | 159 | 16:21 |
| Last lap Finish | 10.00 | 47:41 | 4:46 | 6 | 3:27 | 113 | 13:49 | 20.00 | 1:39:33 | 4:58 | 6 | 9:19 | 132 | 30:10 |