



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Städtler, Rainer

Club: WSV 08 Lauscha

Number: 296

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:38:53

Speed: 12.14 km/h

Running performance: 4:56 min/km

Rank in course/Total: 133 (of 528)

Rank in course/Men: 128 (of 390)

Best time in course: 1:09:23

Rank in category: 17(of 65)

Best time in the category: 1:10:41

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Lap 1	10.00	48:56	4:53	14	12:31	88	13:25	10.00	48:56	4:53	14	12:31	88	13:25
Last lap Finish	10.00	49:57	4:59	22	15:41	168	16:05	20.00	1:38:53	4:56	17	28:12	128	29:30