



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Staab, Alexander

Club: SV Tricity Darmstadt

Number: 422

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:43:13

Speed: 11.63 km/h

Running performance: 5:10 min/km

Rank in course/Total: 191 (of 528)

Rank in course/Men: 179 (of 390)

Best time in course: 1:09:23

Rank in category: 24(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	10.00	54:59	5:29	33	18:34	220	19:28	10.00	54:59	5:29	33	18:34	220	19:28
Last lap Finish	10.00	48:14	4:49	18	13:58	129	14:22	20.00	1:43:13	5:09	24	32:32	179	33:50