



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Lauterbach, Helge

Club: Skisportverein Erfurt 02

Number: 529

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:43:13

Speed: 11.63 km/h

Running performance: 5:10 min/km

Rank in course/Total: 192 (of 528)

Rank in course/Men: 179 (of 390)

Best time in course: 1:09:23

Rank in category: 23(of 51)

Best time in the category: 1:20:57

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	52:32	5:15	23	11:10	171	17:01	10.00	52:32	5:15	23	11:10	171	17:01
Last lap Finish	10.00	50:41	5:04	24	11:06	185	16:49	20.00	1:43:13	5:09	23	22:16	179	33:50