



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Quick, Henrich

Club: 50Hertz

Number: 284

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:44:54

Speed: 11.44 km/h

Running performance: 5:14 min/km

Rank in course/Total: 214 (of 528)

Rank in course/Men: 196 (of 390)

Best time in course: 1:09:23

Rank in category: 28(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	53:24	5:20	28	16:59	191	17:53	10.00	53:24	5:20	28	16:59	191	17:53
Last lap Finish	10.00	51:30	5:09	27	17:14	199	17:38	20.00	1:44:54	5:14	28	34:13	196	35:31