



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Sauerteig, Jens

Club: SV Bergdorf Höhn

Number: 70

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:45:21

Speed: 11.39 km/h

Running performance: 5:16 min/km

Rank in course/Total: 216 (of 528)

Rank in course/Men: 197 (of 390)

Best time in course: 1:09:23

Rank in category: 29(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	50:02	5:00	16	13:37	111	14:31	10.00	50:02	5:00	16	13:37	111	14:31
Last lap Finish	10.00	55:19	5:31	40	21:03	262	21:27	20.00	1:45:21	5:16	29	34:40	197	35:58