



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Gütschow, Arne

Club: Genussläufer

Number: 228

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:38:25

Speed: 12.19 km/h

Running performance: 4:55 min/km

Rank in course/Total: 125 (of 528)

Rank in course/Men: 121 (of 390)

Best time in course: 1:09:23

Rank in category: 13(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	49:24	4:56	12	8:02	99	13:53	10.00	49:24	4:56	12	8:02	99	13:53
Last lap Finish	10.00	49:01	4:54	15	9:26	142	15:09	20.00	1:38:25	4:55	13	17:28	121	29:02