



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Steinbach, Maik

Club: Grabfeld-Runners

Number: 510

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:42:50

Speed: 11.67 km/h

Running performance: 5:08 min/km

Rank in course/Total: 186 (of 528)

Rank in course/Men: 175 (of 390)

Best time in course: 1:09:23

Rank in category: 21(of 51)

Best time in the category: 1:20:57

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	10.00	52:51	5:17	24	11:29	180	17:20	10.00	52:51	5:17	24	11:29	180	17:20
Last lap Finish	10.00	49:59	4:59	20	10:24	169	16:07	20.00	1:42:50	5:08	21	21:53	175	33:27