



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Cwikla, Sebastian

Club: DHfK

Number: 150

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:43:16

Speed: 11.62 km/h

Running performance: 5:10 min/km

Rank in course/Total: 195 (of 528)

Rank in course/Men: 183 (of 390)

Best time in course: 1:09:23

Rank in category: 35(of 71)

Best time in the category: 1:19:44

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	54:46	5:28	40	14:08	216	19:15	10.00	54:46	5:28	40	14:08	216	19:15
Last lap Finish	10.00	48:30	4:50	30	9:24	134	14:38	20.00	1:43:16	5:09	35	23:32	183	33:53