



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Recknagel, Michael

Club: Eintracht Altersbach

Number: 3

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:46:05

Speed: 11.31 km/h

Running performance: 5:18 min/km

Rank in course/Total: 219 (of 528)

Rank in course/Men: 199 (of 390)

Best time in course: 1:09:23

Rank in category: 27(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	55:55	5:35	29	14:33	235	20:24	10.00	55:55	5:35	29	14:33	235	20:24
Last lap Finish	10.00	50:10	5:00	22	10:35	174	16:18	20.00	1:46:05	5:18	27	25:08	199	36:42