



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Sinn, Jan

Club: Gesundheitszentrum

Number: 117

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:44:42

Speed: 11.46 km/h

Running performance: 5:14 min/km

Rank in course/Total: 211 (of 528)

Rank in course/Men: 194 (of 390)

Best time in course: 1:09:23

Rank in category: 41(of 60)

Best time in the category: 1:13:14

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	49:22	4:56	26	12:15	98	13:51	10.00	49:22	4:56	26	12:15	98	13:51
Last lap Finish	10.00	55:20	5:31	50	19:13	263	21:28	20.00	1:44:42	5:14	41	31:28	194	35:19