



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Lemuth, Hans-Martin

Club: Laufreunde Metzels

Number: 268

Course: 20.00 km

20km Strecke

Category:

Senioren M60 (60-64 Jahre)

Total time: 1:48:20

Speed: 11.08 km/h

Running performance: 5:25 min/km

Rank in course/Total: 249 (of 528)

Rank in course/Men: 224 (of 390)

Best time in course: 1:09:23

Rank in category: 6(of 14)

Best time in the category: 1:28:45

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	56:47	5:40	6	11:00	255	21:16	10.00	56:47	5:40	6	11:00	255	21:16
Last lap Finish	10.00	51:33	5:09	4	8:35	201	17:41	20.00	1:48:20	5:24	6	19:35	224	38:57