



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Guder, Steffen

Club: GutsMuths RSLV

Number: 227

Course: 20.00 km

20km Strecke

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:48:25

Speed: 11.07 km/h

Running performance: 5:25 min/km

Rank in course/Total: 251 (of 528)

Rank in course/Men: 226 (of 390)

Best time in course: 1:09:23

Rank in category: 13(of 27)

Best time in the category: 1:30:14

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	57:22	5:44	16	11:22	270	21:51	10.00	57:22	5:44	16	11:22	270	21:51
Last lap Finish	10.00	51:03	5:06	12	6:49	191	17:11	20.00	1:48:25	5:25	13	18:11	226	39:02