



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Cyriax, Marcel

Total time: 1:47:44

Number: 300

Speed: 11.14 km/h

Running performance: 5:23 min/km

Course: 20.00 km

Rank in course/Total: 239 (of 528)

20km Strecke

Rank in course/Men: 215 (of 390)

Best time in course: 1:09:23

Category:

Rank in category: 45(of 60)

Senioren M30 (30-34 Jahre)

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	53:33	5:21	42	16:26	195	18:02	10.00	53:33	5:21	42	16:26	195	18:02
Last lap Finish	10.00	54:11	5:25	47	18:04	241	20:19	20.00	1:47:44	5:23	45	34:30	215	38:21