



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Scheid, Joachim

Club: kleinesportschule.de

Number: 144

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:48:48

Speed: 11.03 km/h

Running performance: 5:26 min/km

Rank in course/Total: 257 (of 528)

Rank in course/Men: 231 (of 390)

Best time in course: 1:09:23

Rank in category: 35(of 65)

Best time in the category: 1:10:41

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	56:18	5:37	40	19:53	246	20:47	10.00	56:18	5:37	40	19:53	246	20:47
Last lap Finish	10.00	52:30	5:15	31	18:14	214	18:38	20.00	1:48:48	5:26	35	38:07	231	39:25