



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Dömming, Olaf

Club: SV Werra 07 HBN

Number: 440

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:19:39

Speed: 15.07 km/h

Running performance: 3:59 min/km

Rank in course/Total: 12 (of 528)

Rank in course/Men: 12 (of 390)

Best time in course: 1:09:23

Rank in category: 3(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	40:22	4:02	2	3:57	10	4:51	10.00	40:22	4:02	2	3:57	10	4:51
Last lap Finish	10.00	39:17	3:55	3	5:01	17	5:25	20.00	1:19:39	3:58	3	8:58	12	10:16