



# 27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

## Detailed evaluation

**Glaß, Alexander**

Club: SSV Alex

Number: 18

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:44:05

Speed: 11.53 km/h

Running performance: 5:12 min/km

Rank in course/Total: 202 (of 528)

Rank in course/Men: 187 (of 390)

Best time in course: 1:09:23

Rank in category: 27(of 65)

Best time in the category: 1:10:41

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total       |               | Total           |             | Total          |            | Total ranking |  |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|--|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |  |
| Lap 1           | 10.00       | 53:43         | 5:22            | 29          | 17:18          | 200         | 18:12         | 10.00       | 53:43         | 5:22            | 29          | 17:18          | 200        | 18:12         |  |
| Last lap Finish | 10.00       | 50:22         | 5:02            | 23          | 16:06          | 180         | 16:30         | 20.00       | 1:44:05       | 5:12            | 27          | 33:24          | 187        | 34:42         |  |