



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 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	53:43	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