



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Banz, Heiko

Number: 20

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:50:44

Speed: 10.84 km/h

Running performance: 5:32 min/km

Rank in course/Total: 280 (of 528)

Rank in course/Men: 244 (of 390)

Best time in course: 1:09:23

Rank in category: 37(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	56:37	5:39	41	20:12	250	21:06	10.00	56:37	5:39	41	20:12	250	21:06
Last lap Finish	10.00	54:07	5:24	35	19:51	239	20:15	20.00	1:50:44	5:32	37	40:03	244	41:21