



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Sue, Frank

Club: TVJ Ackenhausen

Number: 498

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:51:18

Speed: 10.78 km/h

Running performance: 5:34 min/km

Rank in course/Total: 286 (of 528)

Rank in course/Men: 248 (of 390)

Best time in course: 1:09:23

Rank in category: 38(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	57:25	5:44	42	21:00	272	21:54	10.00	57:25	5:44	42	21:00	272	21:54
Last lap Finish	10.00	53:53	5:23	33	19:37	235	20:01	20.00	1:51:18	5:33	38	40:37	248	41:55