



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Senftleben, Holger

Number: 421

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:52:35

Speed: 10.66 km/h

Running performance: 5:38 min/km

Rank in course/Total: 304 (of 528)

Rank in course/Men: 261 (of 390)

Best time in course: 1:09:23

Rank in category: 40(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	56:12	5:37	39	19:47	245	20:41	10.00	56:12	5:37	39	19:47	245	20:41
Last lap Finish	10.00	56:23	5:38	44	22:07	279	22:31	20.00	1:52:35	5:37	40	41:54	261	43:12