



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Trapp, Sascha

Club: Cool Running

Number: 207

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:47:53

Speed: 11.12 km/h

Running performance: 5:23 min/km

Rank in course/Total: 242 (of 528)

Rank in course/Men: 218 (of 390)

Best time in course: 1:09:23

Rank in category: 46(of 60)

Best time in the category: 1:13:14

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	10.00	52:14	5:13	37	15:07	165	16:43	10.00	52:14	5:13	37	15:07	165	16:43
Last lap Finish	10.00	55:39	5:33	51	19:32	268	21:47	20.00	1:47:53	5:23	46	34:39	218	38:30