



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Fritzschnier, Helge

Club: Laufftreff Breitungen

Number: 386

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:53:53

Speed: 10.54 km/h

Running performance: 5:41 min/km

Rank in course/Total: 320 (of 528)

Rank in course/Men: 274 (of 390)

Best time in course: 1:09:23

Rank in category: 43(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	10.00	58:13	5:49	44	21:48	283	22:42	10.00	58:13	5:49	44	21:48	283	22:42
Last lap Finish	10.00	55:40	5:33	41	21:24	270	21:48	20.00	1:53:53	5:41	43	43:12	274	44:30