



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Siedenhans, Jens

Club: HARDER FASTER

Number: 272

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:55:13

Speed: 10.42 km/h

Running performance: 5:46 min/km

Rank in course/Total: 346 (of 528)

Rank in course/Men: 292 (of 390)

Best time in course: 1:09:23

Rank in category: 56(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	10.00	58:26	5:50	56	21:19	291	22:55	10.00	58:26	5:50	56	21:19	291	22:55
Last lap Finish	10.00	56:47	5:40	54	20:40	285	22:55	20.00	1:55:13	5:45	56	41:59	292	45:50