



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Senglaub, Arvid

Club: TSV 1880 Elgersburg

Number: 220

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:52:26

Speed: 10.67 km/h

Running performance: 5:37 min/km

Rank in course/Total: 300 (of 528)

Rank in course/Men: 258 (of 390)

Best time in course: 1:09:23

Rank in category: 33(of 51)

Best time in the category: 1:20:57

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	55:33	5:33	28	14:11	230	20:02	10.00	55:33	5:33	28	14:11	230	20:02
Last lap Finish	10.00	56:53	5:41	37	17:18	289	23:01	20.00	1:52:26	5:37	33	31:29	258	43:03