



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Golletz, Frank

Club: 50Hertz

Number: 281

Course: 20.00 km

20km Strecke

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:48:23

Speed: 11.07 km/h

Running performance: 5:25 min/km

Rank in course/Total: 250 (of 528)

Rank in course/Men: 225 (of 390)

Best time in course: 1:09:23

Rank in category: 12(of 27)

Best time in the category: 1:30:14

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	54:32	5:27	12	8:32	211	19:01	10.00	54:32	5:27	12	8:32	211	19:01
Last lap Finish	10.00	53:51	5:23	14	9:37	234	19:59	20.00	1:48:23	5:25	12	18:09	225	39:00