



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Lichtenheld, Tim

Club: SG SV 04 Oberschönau

Number: 216

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:55:36

Speed: 10.38 km/h

Running performance: 5:47 min/km

Rank in course/Total: 352 (of 528)

Rank in course/Men: 295 (of 390)

Best time in course: 1:09:23

Rank in category: 55(of 71)

Best time in the category: 1:19:44

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	1:00:43	6:04	60	20:05	323	25:12	10.00	1:00:43	6:04	60	20:05	323	25:12
Last lap Finish	10.00	54:53	5:29	53	15:47	256	21:01	20.00	1:55:36	5:46	55	35:52	295	46:13