



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Rockenfeller, Jens

Club: TV 1904 Lützelbuch

Number: 182

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:53:00

Speed: 10.62 km/h

Running performance: 5:39 min/km

Rank in course/Total: 310 (of 528)

Rank in course/Men: 265 (of 390)

Best time in course: 1:09:23

Rank in category: 41(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	10.00	58:04	5:48	43	21:39	279	22:33	10.00	58:04	5:48	43	21:39	279	22:33
Last lap Finish	10.00	54:56	5:29	39	20:40	257	21:04	20.00	1:53:00	5:39	41	42:19	265	43:37