



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Lichtenberg, Conny

Club: GröLiWelt

Number: 415

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:56:07

Speed: 10.33 km/h

Running performance: 5:49 min/km

Rank in course/Total: 358 (of 528)

Rank in course/Men: 300 (of 390)

Best time in course: 1:09:23

Rank in category: 47(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	59:54	5:59	50	23:29	310	24:23	10.00	59:54	5:59	50	23:29	310	24:23
Last lap Finish	10.00	56:13	5:37	43	21:57	276	22:21	20.00	1:56:07	5:48	47	45:26	300	46:44