



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Vollrath, Lutz

Club: LCR Rudolstadt e.V.

Number: 570

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:46:38

Speed: 11.25 km/h

Running performance: 5:20 min/km

Rank in course/Total: 225 (of 528)

Rank in course/Men: 203 (of 390)

Best time in course: 1:09:23

Rank in category: 30(of 65)

Best time in the category: 1:10:41

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	10.00	52:07	5:12	24	15:42	163	16:36	10.00	52:07	5:12	24	15:42	163	16:36
Last lap Finish	10.00	54:31	5:27	36	20:15	247	20:39	20.00	1:46:38	5:19	30	35:57	203	37:15