



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Seupt, Gordon

Club: SV TU Ilmenau

Number: 157

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:50:39

Speed: 10.85 km/h

Running performance: 5:32 min/km

Rank in course/Total: 279 (of 528)

Rank in course/Men: 243 (of 390)

Best time in course: 1:09:23

Rank in category: 29(of 51)

Best time in the category: 1:20:57

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	57:30	5:45	32	16:08	273	21:59	10.00	57:30	5:45	32	16:08	273	21:59
Last lap Finish	10.00	53:09	5:18	28	13:34	223	19:17	20.00	1:50:39	5:31	29	29:42	243	41:16