



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Altendorf, Nils

Club: Lauffreunde.de

Number: 563

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:58:23

Speed: 10.14 km/h

Running performance: 5:55 min/km

Rank in course/Total: 375 (of 528)

Rank in course/Men: 312 (of 390)

Best time in course: 1:09:23

Rank in category: 50(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	1:00:53	6:05	54	24:28	326	25:22	10.00	1:00:53	6:05	54	24:28	326	25:22
Last lap Finish	10.00	57:30	5:45	49	23:14	299	23:38	20.00	1:58:23	5:55	50	47:42	312	49:00