



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Decho, Christoph

Total time: 1:56:23

Number: 476

Speed: 10.31 km/h

Running performance: 5:49 min/km

Course: 20.00 km

Rank in course/Total: 360 (of 528)

20km Strecke

Rank in course/Men: 302 (of 390)

Best time in course: 1:09:23

Category:

Rank in category: 42(of 51)

Senioren M40 (40-44 Jahre)

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	58:37	5:51	39	17:15	294	23:06	10.00	58:37	5:51	39	17:15	294	23:06
Last lap Finish	10.00	57:46	5:46	42	18:11	305	23:54	20.00	1:56:23	5:49	42	35:26	302	47:00