



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Kusat, Michael

Club: Simply the Rest

Number: 547

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:59:06

Speed: 10.08 km/h

Running performance: 5:58 min/km

Rank in course/Total: 382 (of 528)

Rank in course/Men: 316 (of 390)

Best time in course: 1:09:23

Rank in category: 52(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	58:14	5:49	45	21:49	284	22:43	10.00	58:14	5:49	45	21:49	284	22:43
Last lap Finish	10.00	1:00:52	6:05	57	26:36	332	27:00	20.00	1:59:06	5:57	52	48:25	316	49:43