



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Fräbel, Christopher

Number: 256

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:51:56

Speed: 10.72 km/h

Running performance: 5:36 min/km

Rank in course/Total: 296 (of 528)

Rank in course/Men: 254 (of 390)

Best time in course: 1:09:23

Rank in category: 52(of 60)

Best time in the category: 1:13:14

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 | 57:22 | 5:44 | 53 | 20:15 | 270 | 21:51 | 10.00 | 57:22 | 5:44 | 53 | 20:15 | 270 | 21:51 |
| Last lap Finish | 10.00 | 54:34 | 5:27 | 48 | 18:27 | 251 | 20:42 | 20.00 | 1:51:56 | 5:35 | 52 | 38:42 | 254 | 42:33 |