



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Friedrich, Marcel

Club: Lauf Schwallungen

Number: 79

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:51:42

Speed: 10.74 km/h

Running performance: 5:35 min/km

Rank in course/Total: 292 (of 528)

Rank in course/Men: 251 (of 390)

Best time in course: 1:09:23

Rank in category: 51(of 71)

Best time in the category: 1:19:44

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 | 57:11 | 5:43 | 53 | 16:33 | 265 | 21:40 | 10.00 | 57:11 | 5:43 | 53 | 16:33 | 265 | 21:40 |
| Last lap Finish | 10.00 | 54:31 | 5:27 | 51 | 15:25 | 247 | 20:39 | 20.00 | 1:51:42 | 5:35 | 51 | 31:58 | 251 | 42:19 |