



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