



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Koch, Christian

Club: Running Stones

Number: 486

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:06:23

Speed: 9.49 km/h

Running performance: 6:19 min/km

Rank in course/Total: 443 (of 528)

Rank in course/Men: 349 (of 390)

Best time in course: 1:09:23

Rank in category: 60(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	1:02:32	6:15	58	26:07	348	27:01	10.00	1:02:32	6:15	58	26:07	348	27:01
Last lap Finish	10.00	1:03:51	6:23	60	29:35	353	29:59	20.00	2:06:23	6:19	60	55:42	349	57:00