



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Heidel, Sebastian

Number: 108

Course: 20.00 km

20km Strecke

Category:

Senioren M35 (35-39 Jahre)

Total time: 2:06:19

Speed: 9.50 km/h

Running performance: 6:19 min/km

Rank in course/Total: 442 (of 528)

Rank in course/Men: 348 (of 390)

Best time in course: 1:09:23

Rank in category: 64(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 | 1:02:14 | 6:13 | 63 | 21:36 | 340 | 26:43 | 10.00 | 1:02:14 | 6:13 | 63 | 21:36 | 340 | 26:43 |
| Last lap Finish | 10.00 | 1:04:05 | 6:24 | 63 | 24:59 | 354 | 30:13 | 20.00 | 2:06:19 | 6:18 | 64 | 46:35 | 348 | 56:56 |