



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Heun, Thomas

Club: FC Sachsendorf EV

Number: 180

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:05:38

Speed: 9.55 km/h

Running performance: 6:17 min/km

Rank in course/Total: 440 (of 528)

Rank in course/Men: 347 (of 390)

Best time in course: 1:09:23

Rank in category: 59(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Lap 1	10.00	1:04:56	6:29	61	28:31	362	29:25	10.00	1:04:56	6:29	61	28:31	362	29:25
Last lap Finish	10.00	1:00:42	6:04	56	26:26	330	26:50	20.00	2:05:38	6:16	59	54:57	347	56:15