



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Göring, Rüdiger

Number: 407

Course: 20.00 km

20km Strecke

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:09:26

Speed: 9.27 km/h

Running performance: 6:28 min/km

Rank in course/Total: 465 (of 528)

Rank in course/Men: 359 (of 390)

Best time in course: 1:09:23

Rank in category: 24(of 27)

Best time in the category: 1:30:14

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		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	1:03:03	6:18	23	17:03	351	27:32	10.00	1:03:03	6:18	23	17:03	351	27:32	
Last lap Finish	10.00	1:06:23	6:38	25	22:09	367	32:31	20.00	2:09:26	6:28	24	39:12	359	1:00:03	