



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Lenzer, Thomas

Club: Rhöner WSV

Number: 470

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:09:20

Speed: 9.28 km/h

Running performance: 6:28 min/km

Rank in course/Total: 464 (of 528)

Rank in course/Men: 358 (of 390)

Best time in course: 1:09:23

Rank in category: 61(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	1:04:17	6:25	60	27:52	360	28:46	10.00	1:04:17	6:25	60	27:52	360	28:46
Last lap Finish	10.00	1:05:03	6:30	61	30:47	356	31:11	20.00	2:09:20	6:28	61	58:39	358	59:57