



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 |