



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Helm, Sascha

Total time: 2:09:46

Number: 173

Speed: 9.25 km/h

Running performance: 6:29 min/km

Course: 20.00 km

Rank in course/Total: 467 (of 528)

20km Strecke

Rank in course/Men: 361 (of 390)

Best time in course: 1:09:23

Category:

Rank in category: 45(of 51)

Senioren M40 (40-44 Jahre)

Best time in the category: 1:20:57

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	1:07:37	6:45	47	26:15	374	32:06	10.00	1:07:37	6:45	47	26:15	374	32:06
Last lap Finish	10.00	1:02:09	6:12	45	22:34	343	28:17	20.00	2:09:46	6:29	45	48:49	361	1:00:23