



# 27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

## Detailed evaluation

**Arndt, Joachim**

Club: GutsMuths RSLV

Number: 210

Course: 20.00 km

20km Strecke

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:18:41

Speed: 8.65 km/h

Running performance: 6:56 min/km

Rank in course/Total: 499 (of 528)

Rank in course/Men: 379 (of 390)

Best time in course: 1:09:23

Rank in category: 27(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	10.00	1:12:52	7:17	27	26:52	384	37:21	10.00	1:12:52	7:17	27	26:52	384	37:21
Last lap Finish	10.00	1:05:49	6:34	24	21:35	360	31:57	20.00	2:18:41	6:56	27	48:27	379	1:09:18