



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Ittig, Steffen

Number: 277

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 2:20:37

Speed: 8.53 km/h

Running performance: 7:02 min/km

Rank in course/Total: 502 (of 528)

Rank in course/Men: 381 (of 390)

Best time in course: 1:09:23

Rank in category: 60(of 60)

Best time in the category: 1:13:14

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	10.00	1:01:54	6:11	59	24:47	337	26:23	10.00	1:01:54	6:11	59	24:47	337	26:23
Last lap Finish	10.00	1:18:43	7:52	60	42:36	383	44:51	20.00	2:20:37	7:01	60	1:07:23	381	1:11:14