



# 27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

## Detailed evaluation

Höhn, Kai

Club: Laufexpress Rudolstadt

Number: 452

Course: 20.00 km

20km Strecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:23:34

Speed: 14.36 km/h

Running performance: 4:11 min/km

Rank in course/Total: 29 (of 528)

Rank in course/Men: 28 (of 390)

Best time in course: 1:09:23

Rank in category: 4(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	42:58	4:17	4	6:33	28	7:27	10.00	42:58	4:17	4	6:33	28	7:27
Last lap Finish	10.00	40:36	4:03	4	6:20	28	6:44	20.00	1:23:34	4:10	4	12:53	28	14:11