



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Bendowski, Thorsten

Club: 50Hertz

Number: 511

Course: 20.00 km

20km Strecke

Category:

Männer (20-29 Jahre)

Total time: 1:33:03

Speed: 12.90 km/h

Running performance: 4:39 min/km

Rank in course/Total: 82 (of 552)

Rank in course/Men: 76 (of 405)

Best time in course: 1:13:54

Rank in category: 12(of 34)

Best time in the category: 1:13:54

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
10 km	10.00	46:16	4:37	7	7:42	55	7:42	10.00	46:16	4:37	7	7:42	55	7:42
Finish	10.00	46:47	4:40	16	11:27	101	11:27	20.00	1:33:03	4:39	12	19:09	76	19:09