



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Bashar, Josef

Club: Ki&JuDorf Regenbogen

Number: 254

Course: 20.00 km

20km Strecke

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 1:34:35

Speed: 12.69 km/h

Running performance: 4:44 min/km

Rank in course/Total: 97 (of 552)

Rank in course/Men: 90 (of 405)

Best time in course: 1:13:54

Rank in category: 3(of 6)

Best time in the category: 1:29:25

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	47:15	4:43	3	1:43	73	8:41	10.00	47:15	4:43	3	1:43	73	8:41
Finish	10.00	47:20	4:44	3	4:06	109	12:00	20.00	1:34:35	4:43	3	5:10	90	20:41