



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Bodenstein, Björn

Club: SCM Zella-Mehlis

Number: 301

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:38:50

Speed: 12.14 km/h

Running performance: 4:56 min/km

Rank in course/Total: 135 (of 552)

Rank in course/Men: 126 (of 405)

Best time in course: 1:13:54

Rank in category: 30(of 61)

Best time in the category: 1:15:59

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	51:01	5:06	31	11:26	135	12:27	10.00	51:01	5:06	31	11:26	135	12:27
Finish	10.00	47:49	4:46	29	11:25	119	12:29	20.00	1:38:50	4:56	30	22:51	126	24:56