



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Bock, Sven

Club: Veilsdorf/OT Heßberg

Number: 359

Course: 20.00 km

20km Strecke

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:41:28

Speed: 11.83 km/h

Running performance: 5:04 min/km

Rank in course/Total: 161 (of 552)

Rank in course/Men: 148 (of 405)

Best time in course: 1:13:54

Rank in category: 24(of 59)

Best time in the category: 1:15:34

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	52:14	5:13	26	12:57	168	13:40	10.00	52:14	5:13	26	12:57	168	13:40
Finish	10.00	49:14	4:55	23	12:57	138	13:54	20.00	1:41:28	5:04	24	25:54	148	27:34