



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Byczok, Bastian

Club: Run and Bike-Team Coburg

Number: 628

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:44:31

Speed: 11.48 km/h

Running performance: 5:14 min/km

Rank in course/Total: 206 (of 552)

Rank in course/Men: 187 (of 405)

Best time in course: 1:13:54

Rank in category: 40(of 61)

Best time in the category: 1:15:59

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
10 km	10.00	55:26	5:32	45	15:51	232	16:52	10.00	55:26	5:32	45	15:51	232	16:52
Finish	10.00	49:05	4:54	32	12:41	135	13:45	20.00	1:44:31	5:13	40	28:32	187	30:37