



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Bendowski, Thorsten

Club: 50Hertz

Number: 304

Course: 20.00 km

20km Strecke

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:36:48

Speed: 12.40 km/h

Running performance: 4:50 min/km

Rank in course/Total: 103 (of 528)

Rank in course/Men: 100 (of 390)

Best time in course: 1:09:23

Rank in category: 26(of 60)

Best time in the category: 1:13:14

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
Lap 1	10.00	48:39	4:51	23	11:32	83	13:08	10.00	48:39	4:51	23	11:32	83	13:08
Last lap Finish	10.00	48:09	4:48	32	12:02	127	14:17	20.00	1:36:48	4:50	26	23:34	100	27:25