



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Kolax, Andrea

Club: Bootcamper

Number: 143

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:31:49

Speed: 13.07 km/h

Running performance: 4:35 min/km

Rank in course/Total: 67 (of 552)

Rank in course/Women: 4 (of 147)

Best time in course: 1:23:47

Rank in category: 1(of 33)

Best time in the category: 1:31:49

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
10 km	10.00	46:16	4:37	1	-	4	3:22	10.00	46:16	4:37	1	-	4	3:22
Finish	10.00	45:33	4:33	1	-	6	4:42	20.00	1:31:49	4:35	1	-	4	8:02