



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Kahl, Monika

Club: Sportteam-STEINBACH

Number: 583

Course: 20.00 km

20km Strecke

Category:

Frauen (20-29 Jahre)

Total time: 1:32:09

Speed: 13.02 km/h

Running performance: 4:37 min/km

Rank in course/Total: 70 (of 552)

Rank in course/Women: 5 (of 147)

Best time in course: 1:23:47

Rank in category: 3(of 24)

Best time in the category: 1:23:47

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	47:52	4:47	3	4:58	6	4:58	10.00	47:52	4:47	3	4:58	6	4:58
Finish	10.00	44:17	4:25	4	3:26	5	3:26	20.00	1:32:09	4:36	3	8:22	5	8:22