



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Michaelis, Cornelia

Club: SV Bergdorf Höhn

Number: 371

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:32:47

Speed: 12.93 km/h

Running performance: 4:38 min/km

Rank in course/Total: 78 (of 552)

Rank in course/Women: 6 (of 147)

Best time in course: 1:23:47

Rank in category: 1(of 21)

Best time in the category: 1:32:47

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	46:55	4:41	1	-	5	4:01	10.00	46:55	4:41	1	-	5	4:01
Finish	10.00	45:52	4:35	1	-	7	5:01	20.00	1:32:47	4:38	1	-	6	9:00