



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Werner, Kathrin

Club: Run & Bike-Team Coburg

Number: 503

Course: 20.00 km

20km Strecke

Category:

Frauen (20-29 Jahre)

Total time: 1:33:21

Speed: 12.85 km/h

Running performance: 4:40 min/km

Rank in course/Total: 87 (of 552)

Rank in course/Women: 7 (of 147)

Best time in course: 1:23:47

Rank in category: 4(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	49:11	4:55	4	6:17	7	6:17	10.00	49:11	4:55	4	6:17	7	6:17
Finish	10.00	44:10	4:24	3	3:19	4	3:19	20.00	1:33:21	4:40	4	9:34	7	9:34