



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Krieghoff, Luise

Club: WSV Erfurt/Rennsteiglaufverein

Number: 646

Course: 20.00 km

20km Strecke

Category:

Frauen (20-29 Jahre)

Total time: 1:36:34

Speed: 12.43 km/h

Running performance: 4:50 min/km

Rank in course/Total: 114 (of 552)

Rank in course/Women: 8 (of 147)

Best time in course: 1:23:47

Rank in category: 5(of 24)

Best time in the category: 1:23:47

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
10 km	10.00	49:50	4:59	6	6:56	9	6:56	10.00	49:50	4:59	6	6:56	9	6:56
Finish	10.00	46:44	4:40	5	5:53	8	5:53	20.00	1:36:34	4:49	5	12:47	8	12:47