



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Köppl, Nicole

Club: Running Bros Coburg

Number: 78

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:36:43

Speed: 12.41 km/h

Running performance: 4:50 min/km

Rank in course/Total: 115 (of 552)

Rank in course/Women: 9 (of 147)

Best time in course: 1:23:47

Rank in category: 2(of 21)

Best time in the category: 1:32:47

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
10 km	10.00	49:54	4:59	2	2:59	10	7:00	10.00	49:54	4:59	2	2:59	10	7:00
Finish	10.00	46:49	4:40	2	0:57	9	5:58	20.00	1:36:43	4:50	2	3:56	9	12:56