



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Schrötter, Helen

Club: Jena

Number: 582

Course: 20.00 km

20km Strecke

Category:

Frauen (20-29 Jahre)

Total time: 1:39:00

Speed: 12.12 km/h

Running performance: 4:57 min/km

Rank in course/Total: 137 (of 552)

Rank in course/Women: 10 (of 147)

Best time in course: 1:23:47

Rank in category: 6(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
10 km	10.00	49:47	4:58	5	6:53	8	6:53	10.00	49:47	4:58	5	6:53	8	6:53
Finish	10.00	49:13	4:55	6	8:22	12	8:22	20.00	1:39:00	4:57	6	15:13	10	15:13