



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Ludwig, Ivette

Club: DLRG Gotha

Number: 71

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:40:27

Speed: 11.95 km/h

Running performance: 5:01 min/km

Rank in course/Total: 147 (of 552)

Rank in course/Women: 11 (of 147)

Best time in course: 1:23:47

Rank in category: 1(of 23)

Best time in the category: 1:40:27

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	51:13	5:07	1	-	12	8:19	10.00	51:13	5:07	1	-	12	8:19
Finish	10.00	49:14	4:55	2	0:21	13	8:23	20.00	1:40:27	5:01	1	-	11	16:40