



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Albrecht, Katrin

Club: Sportteam-STEINBACH

Number: 357

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:45:07

Speed: 11.42 km/h

Running performance: 5:16 min/km

Rank in course/Total: 209 (of 552)

Rank in course/Women: 20 (of 147)

Best time in course: 1:23:47

Rank in category: 4(of 33)

Best time in the category: 1:31:49

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	53:18	5:19	4	7:02	17	10:24	10.00	53:18	5:19	4	7:02	17	10:24
Finish	10.00	51:49	5:10	5	6:16	22	10:58	20.00	1:45:07	5:15	4	13:18	20	21:20