



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Stegmann, Anja

Club: LT Altensteiner Park

Number: 439

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:45:48

Speed: 11.34 km/h

Running performance: 5:17 min/km

Rank in course/Total: 220 (of 552)

Rank in course/Women: 21 (of 147)

Best time in course: 1:23:47

Rank in category: 3(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	54:38	5:27	4	3:25	24	11:44	10.00	54:38	5:27	4	3:25	24	11:44
Finish	10.00	51:10	5:06	3	2:17	20	10:19	20.00	1:45:48	5:17	3	5:21	21	22:01