



## 26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

### Detailed evaluation

Luck, Heike

Club: WSV Schmiedefeld

Number: 506

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 1:46:32

Speed: 11.26 km/h

Running performance: 5:20 min/km

Rank in course/Total: 226 (of 552)

Rank in course/Women: 22 (of 147)

Best time in course: 1:23:47

Rank in category: 2(of 7)

Best time in the category: 1:41:11

### 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	54:16	5:25	2	3:13	20	11:22	10.00	54:16	5:25	2	3:13	20	11:22
Finish	10.00	52:16	5:13	2	2:08	27	11:25	20.00	1:46:32	5:19	2	5:21	22	22:45