



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Rödiger, Kathrin

Club: Run & Bike-Team Coburg

Number: 448

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:47:09

Speed: 11.20 km/h

Running performance: 5:22 min/km

Rank in course/Total: 236 (of 552)

Rank in course/Women: 24 (of 147)

Best time in course: 1:23:47

Rank in category: 5(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	54:55	5:29	7	8:39	26	12:01	10.00	54:55	5:29	7	8:39	26	12:01
Finish	10.00	52:14	5:13	6	6:41	26	11:23	20.00	1:47:09	5:21	5	15:20	24	23:22