



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Ernst, Ines

Club: Saalfelder LV

Number: 615

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:46:59

Speed: 11.22 km/h

Running performance: 5:21 min/km

Rank in course/Total: 234 (of 552)

Rank in course/Women: 23 (of 147)

Best time in course: 1:23:47

Rank in category: 4(of 16)

Best time in the category: 1:42:51

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	54:31	5:27	3	2:18	22	11:37	10.00	54:31	5:27	3	2:18	22	11:37
Finish	10.00	52:28	5:14	5	3:36	29	11:37	20.00	1:46:59	5:20	4	4:08	23	23:12