



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Braun, Ina

Club: USV Jena

Number: 581

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:47:32

Speed: 11.16 km/h

Running performance: 5:23 min/km

Rank in course/Total: 244 (of 552)

Rank in course/Women: 26 (of 147)

Best time in course: 1:23:47

Rank in category: 5(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	55:20	5:31	5	3:07	29	12:26	10.00	55:20	5:31	5	3:07	29	12:26
Finish	10.00	52:12	5:13	4	3:20	25	11:21	20.00	1:47:32	5:22	5	4:41	26	23:45