



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Hayn, Michaela

Club: SV 08 Steinach

Number: 456

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:48:47

Speed: 11.03 km/h

Running performance: 5:26 min/km

Rank in course/Total: 265 (of 552)

Rank in course/Women: 29 (of 147)

Best time in course: 1:23:47

Rank in category: 5(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	55:19	5:31	5	4:06	27	12:25	10.00	55:19	5:31	5	4:06	27	12:25
Finish	10.00	53:28	5:20	5	4:35	33	12:37	20.00	1:48:47	5:26	5	8:20	29	25:00