



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Malz, Susanne

Club: Stiftung Wadentest

Number: 590

Course: 20.00 km

20km Strecke

Category:

Frauen (20-29 Jahre)

Total time: 1:49:48

Speed: 10.93 km/h

Running performance: 5:29 min/km

Rank in course/Total: 277 (of 552)

Rank in course/Women: 35 (of 147)

Best time in course: 1:23:47

Rank in category: 9(of 24)

Best time in the category: 1:23:47

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	57:04	5:42	10	14:10	39	14:10	10.00	57:04	5:42	10	14:10	39	14:10
Finish	10.00	52:44	5:16	9	11:53	32	11:53	20.00	1:49:48	5:29	9	26:01	35	26:01