



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Grünwald, Jördis

Club: Berlin

Number: 91

Course: 20.00 km

20km Strecke

Category:

Frauen (20-29 Jahre)

Total time: 1:49:47

Speed: 10.93 km/h

Running performance: 5:29 min/km

Rank in course/Total: 275 (of 552)

Rank in course/Women: 34 (of 147)

Best time in course: 1:23:47

Rank in category: 8(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	57:18	5:43	12	14:24	41	14:24	10.00	57:18	5:43	12	14:24	41	14:24
Finish	10.00	52:29	5:14	8	11:38	30	11:38	20.00	1:49:47	5:29	8	26:00	34	26:00