



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Erdmann, Stephanie

Club: LSV Lok Arnstadt

Number: 259

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:50:04

Speed: 10.90 km/h

Running performance: 5:30 min/km

Rank in course/Total: 282 (of 552)

Rank in course/Women: 36 (of 147)

Best time in course: 1:23:47

Rank in category: 3(of 21)

Best time in the category: 1:32:47

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 | 56:36 | 5:39 | 4 | 9:41 | 36 | 13:42 | 10.00 | 56:36 | 5:39 | 4 | 9:41 | 36 | 13:42 |
| Finish | 10.00 | 53:28 | 5:20 | 3 | 7:36 | 33 | 12:37 | 20.00 | 1:50:04 | 5:30 | 3 | 17:17 | 36 | 26:17 |