



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Michler, Silke

Club: TV 1904 Coburg-Lütze

Number: 95

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:50:35

Speed: 10.85 km/h

Running performance: 5:32 min/km

Rank in course/Total: 293 (of 552)

Rank in course/Women: 39 (of 147)

Best time in course: 1:23:47

Rank in category: 7(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	55:59	5:35	6	4:46	31	13:05	10.00	55:59	5:35	6	4:46	31	13:05
Finish	10.00	54:36	5:27	7	5:43	42	13:45	20.00	1:50:35	5:31	7	10:08	39	26:48