



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Greiner, Katja

Club: Run & Bike-Team Coburg

Number: 284

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 1:53:49

Speed: 10.54 km/h

Running performance: 5:41 min/km

Rank in course/Total: 334 (of 552)

Rank in course/Women: 46 (of 147)

Best time in course: 1:23:47

Rank in category: 5(of 13)

Best time in the category: 1:26:14

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 | 57:42 | 5:46 | 5 | 13:53 | 47 | 14:48 | 10.00 | 57:42 | 5:46 | 5 | 13:53 | 47 | 14:48 |
| Finish | 10.00 | 56:07 | 5:36 | 5 | 13:42 | 48 | 15:16 | 20.00 | 1:53:49 | 5:41 | 5 | 27:35 | 46 | 30:02 |