



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Jungheinrich, Petra

Club: DLRG Gotha

Number: 190

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:54:01

Speed: 10.52 km/h

Running performance: 5:42 min/km

Rank in course/Total: 336 (of 552)

Rank in course/Women: 47 (of 147)

Best time in course: 1:23:47

Rank in category: 12(of 33)

Best time in the category: 1:31:49

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	57:40	5:46	11	11:24	46	14:46	10.00	57:40	5:46	11	11:24	46	14:46
Finish	10.00	56:21	5:38	13	10:48	53	15:30	20.00	1:54:01	5:42	12	22:12	47	30:14