



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Koch, Jana

Club: Suhl

Number: 93

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:54:02

Speed: 10.52 km/h

Running performance: 5:42 min/km

Rank in course/Total: 337 (of 552)

Rank in course/Women: 48 (of 147)

Best time in course: 1:23:47

Rank in category: 5(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	57:19	5:43	5	10:24	43	14:25	10.00	57:19	5:43	5	10:24	43	14:25
Finish	10.00	56:43	5:40	8	10:51	56	15:52	20.00	1:54:02	5:42	5	21:15	48	30:15