



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Krellig, Katrin

Club: LSV-Ilmenau

Number: 572

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:54:53

Speed: 10.45 km/h

Running performance: 5:44 min/km

Rank in course/Total: 353 (of 552)

Rank in course/Women: 53 (of 147)

Best time in course: 1:23:47

Rank in category: 9(of 23)

Best time in the category: 1:40:27

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
10 km	10.00	58:35	5:51	11	7:22	55	15:41	10.00	58:35	5:51	11	7:22	55	15:41
Finish	10.00	56:18	5:37	8	7:25	50	15:27	20.00	1:54:53	5:44	9	14:26	53	31:06