



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Ros, Kira

Club: Ilmenau

Number: 431

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:55:36

Speed: 10.38 km/h

Running performance: 5:47 min/km

Rank in course/Total: 360 (of 552)

Rank in course/Women: 57 (of 147)

Best time in course: 1:23:47

Rank in category: 6(of 16)

Best time in the category: 1:42:51

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	59:30	5:57	6	7:17	60	16:36	10.00	59:30	5:57	6	7:17	60	16:36
Finish	10.00	56:06	5:36	6	7:14	47	15:15	20.00	1:55:36	5:46	6	12:45	57	31:49