



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Warko, Birgit

Club: Bootcamper

Number: 145

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:55:33

Speed: 10.39 km/h

Running performance: 5:47 min/km

Rank in course/Total: 359 (of 552)

Rank in course/Women: 55 (of 147)

Best time in course: 1:23:47

Rank in category: 13(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.	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	1:00:15	6:01	18	13:59	66	17:21	10.00	1:00:15	6:01	18	13:59	66	17:21
Finish	10.00	55:18	5:31	12	9:45	45	14:27	20.00	1:55:33	5:46	13	23:44	55	31:46