



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Graul, Nora

Club: GutsMuths RSLV

Number: 210

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W60 (60-64 Jahre)

Total time: 1:58:31

Speed: 10.13 km/h

Running performance: 5:56 min/km

Rank in course/Total: 389 (of 552)

Rank in course/Women: 66 (of 147)

Best time in course: 1:23:47

Rank in category: 1(of 6)

Best time in the category: 1:58:31

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	1:00:57	6:05	1	-	76	18:03	10.00	1:00:57	6:05	1	-	76	18:03
Finish	10.00	57:34	5:45	1	-	62	16:43	20.00	1:58:31	5:55	1	-	66	34:44