



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Gillardon, Elke

Club: TV 1904 Lützelbuch

Number: 188

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:00:15

Speed: 9.98 km/h

Running performance: 6:01 min/km

Rank in course/Total: 408 (of 552)

Rank in course/Women: 72 (of 147)

Best time in course: 1:23:47

Rank in category: 19(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	1:03:21	6:20	25	17:05	100	20:27	10.00	1:03:21	6:20	25	17:05	100	20:27
Finish	10.00	56:54	5:41	15	11:21	60	16:03	20.00	2:00:15	6:00	19	28:26	72	36:28