



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Zentgraf, Gabriela

Club: Meiningen

Number: 645

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 2:01:55

Speed: 9.84 km/h

Running performance: 6:06 min/km

Rank in course/Total: 430 (of 552)

Rank in course/Women: 82 (of 147)

Best time in course: 1:23:47

Rank in category: 3(of 7)

Best time in the category: 1:41:11

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	1:00:58	6:05	4	9:55	77	18:04	10.00	1:00:58	6:05	4	9:55	77	18:04
Finish	10.00	1:00:57	6:05	3	10:49	88	20:06	20.00	2:01:55	6:05	3	20:44	82	38:08