



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Freitag, Julia

Club: Jena

Number: 138

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 2:02:15

Speed: 9.82 km/h

Running performance: 6:07 min/km

Rank in course/Total: 432 (of 552)

Rank in course/Women: 83 (of 147)

Best time in course: 1:23:47

Rank in category: 8(of 13)

Best time in the category: 1:26:14

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	1:03:24	6:20	9	19:35	102	20:30	10.00	1:03:24	6:20	9	19:35	102	20:30
Finish	10.00	58:51	5:53	8	16:26	71	18:00	20.00	2:02:15	6:06	8	36:01	83	38:28