



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Krellner, Heidi

Club: LT Aktiv und Gesund

Number: 560

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:02:59

Speed: 9.76 km/h

Running performance: 6:09 min/km

Rank in course/Total: 441 (of 552)

Rank in course/Women: 86 (of 147)

Best time in course: 1:23:47

Rank in category: 23(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	1:03:20	6:20	24	17:04	99	20:26	10.00	1:03:20	6:20	24	17:04	99	20:26
Finish	10.00	59:39	5:57	21	14:06	79	18:48	20.00	2:02:59	6:08	23	31:10	86	39:12