



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Volk, Stefanie

Club: Die Reise zum Mond

Number: 385

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 2:04:57

Speed: 9.60 km/h

Running performance: 6:15 min/km

Rank in course/Total: 457 (of 552)

Rank in course/Women: 94 (of 147)

Best time in course: 1:23:47

Rank in category: 15(of 23)

Best time in the category: 1:40:27

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	1:03:00	6:17	14	11:47	91	20:06	10.00	1:03:00	6:17	14	11:47	91	20:06
Finish	10.00	1:01:57	6:11	14	13:04	98	21:06	20.00	2:04:57	6:14	15	24:30	94	41:10