



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Vollrath, Katrin

Club: LAC Rudolstadt

Number: 468

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 2:05:23

Speed: 9.57 km/h

Running performance: 6:16 min/km

Rank in course/Total: 466 (of 552)

Rank in course/Women: 100 (of 147)

Best time in course: 1:23:47

Rank in category: 17(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	1:03:24	6:20	18	12:11	102	20:30	10.00	1:03:24	6:20	18	12:11	102	20:30
Finish	10.00	1:01:59	6:11	15	13:06	99	21:08	20.00	2:05:23	6:16	17	24:56	100	41:36