



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Steiner, Christina

Club: TSV Beinerstadt

Number: 197

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 2:05:49

Speed: 9.54 km/h

Running performance: 6:17 min/km

Rank in course/Total: 470 (of 552)

Rank in course/Women: 104 (of 147)

Best time in course: 1:23:47

Rank in category: 5(of 7)

Best time in the category: 1:41:11

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
10 km	10.00	1:03:57	6:23	7	12:54	109	21:03	10.00	1:03:57	6:23	7	12:54	109	21:03
Finish	10.00	1:01:52	6:11	5	11:44	97	21:01	20.00	2:05:49	6:17	5	24:38	104	42:02