



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Heydt, Luisa

Club: Ilmenau

Number: 569

Course: 20.00 km

20km Strecke

Category:

Frauen (20-29 Jahre)

Total time: 2:05:14

Speed: 9.58 km/h

Running performance: 6:16 min/km

Rank in course/Total: 463 (of 552)

Rank in course/Women: 99 (of 147)

Best time in course: 1:23:47

Rank in category: 17(of 24)

Best time in the category: 1:23:47

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	1:00:55	6:05	15	18:01	75	18:01	10.00	1:00:55	6:05	15	18:01	75	18:01
Finish	10.00	1:04:19	6:25	18	23:28	113	23:28	20.00	2:05:14	6:15	17	41:27	99	41:27