



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Sieber-Held, Anke

Club: SSV Erfurt 02

Number: 530

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:07:44

Speed: 9.39 km/h

Running performance: 6:23 min/km

Rank in course/Total: 482 (of 552)

Rank in course/Women: 112 (of 147)

Best time in course: 1:23:47

Rank in category: 28(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	1:04:32	6:27	28	18:16	114	21:38	10.00	1:04:32	6:27	28	18:16	114	21:38
Finish	10.00	1:03:12	6:19	28	17:39	107	22:21	20.00	2:07:44	6:23	28	35:55	112	43:57