



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Planke, Heike

Club: Ilmenau

Number: 485

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:09:54

Speed: 9.24 km/h

Running performance: 6:30 min/km

Rank in course/Total: 493 (of 552)

Rank in course/Women: 115 (of 147)

Best time in course: 1:23:47

Rank in category: 29(of 33)

Best time in the category: 1:31:49

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Wome	Women	km	Time	min/km	Cat.	Cat.	Wome	Women
10 km	10.00	59:50	5:59	17	13:34	64	16:56	10.00	59:50	5:59	17	13:34	64	16:56
Finish	10.00	1:10:04	7:00	30	24:31	130	29:13	20.00	2:09:54	6:29	29	38:05	115	46:07