



# 26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

## Detailed evaluation

**Ehsam, Carolin**

Club: Nürnberg

Number: 238

Course: 20.00 km

20km Strecke

Category:

Frauen (20-29 Jahre)

Total time: 2:13:50

Speed: 8.97 km/h

Running performance: 6:41 min/km

Rank in course/Total: 510 (of 552)

Rank in course/Women: 121 (of 147)

Best time in course: 1:23:47

Rank in category: 21(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	1:04:29	6:26	18	21:35	112	21:35	10.00	1:04:29	6:26	18	21:35	112	21:35
Finish	10.00	1:09:21	6:56	22	28:30	124	28:30	20.00	2:13:50	6:41	21	50:03	121	50:03