



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Arlt, Anne

Club: GutsMuths RSLV

Number: 588

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:20:12

Speed: 8.56 km/h

Running performance: 7:01 min/km

Rank in course/Total: 525 (of 552)

Rank in course/Women: 131 (of 147)

Best time in course: 1:23:47

Rank in category: 33(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 | 1:08:52 | 6:53 | 32 | 22:36 | 131 | 25:58 | 10.00 | 1:08:52 | 6:53 | 32 | 22:36 | 131 | 25:58 |
| Finish | 10.00 | 1:11:20 | 7:07 | 33 | 25:47 | 137 | 30:29 | 20.00 | 2:20:12 | 7:00 | 33 | 48:23 | 131 | 56:25 |