



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Sennhenn, Silvia

Club: SC Meißner Eschwege

Number: 179

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 2:20:36

Speed: 8.53 km/h

Running performance: 7:02 min/km

Rank in course/Total: 530 (of 552)

Rank in course/Women: 134 (of 147)

Best time in course: 1:23:47

Rank in category: 14(of 16)

Best time in the category: 1:42:51

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	1:10:16	7:01	13	18:03	135	27:22	10.00	1:10:16	7:01	13	18:03	135	27:22
Finish	10.00	1:10:20	7:01	15	21:28	132	29:29	20.00	2:20:36	7:01	14	37:45	134	56:49