



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Morgenroth, Sandra

Club: SV Germania Ilmenau

Number: 65

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 2:22:34

Speed: 8.42 km/h

Running performance: 7:08 min/km

Rank in course/Total: 536 (of 552)

Rank in course/Women: 138 (of 147)

Best time in course: 1:23:47

Rank in category: 12(of 13)

Best time in the category: 1:26:14

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	1:06:32	6:39	10	22:43	121	23:38	10.00	1:06:32	6:39	10	22:43	121	23:38
Finish	10.00	1:16:02	7:36	13	33:37	145	35:11	20.00	2:22:34	7:07	12	56:20	138	58:47