



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Wieners, Sandra

Club: TSG Sprockhövel

Number: 69

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 2:27:38

Speed: 8.13 km/h

Running performance: 7:23 min/km

Rank in course/Total: 546 (of 552)

Rank in course/Women: 143 (of 147)

Best time in course: 1:23:47

Rank in category: 21(of 23)

Best time in the category: 1:40:27

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	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	1:14:18	7:25	22	23:05	144	31:24	10.00	1:14:18	7:25	22	23:05	144	31:24
Finish	10.00	1:13:20	7:19	21	24:27	139	32:29	20.00	2:27:38	7:22	21	47:11	143	1:03:51