



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Rüdiger, Astrid

Club: Geraberg

Number: 217

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 2:29:49

Speed: 8.01 km/h

Running performance: 7:29 min/km

Rank in course/Total: 549 (of 552)

Rank in course/Women: 145 (of 147)

Best time in course: 1:23:47

Rank in category: 16(of 16)

Best time in the category: 1:42:51

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	1:14:34	7:27	16	22:21	145	31:40	10.00	1:14:34	7:27	16	22:21	145	31:40
Finish	10.00	1:15:15	7:31	16	26:23	143	34:24	20.00	2:29:49	7:29	16	46:58	145	1:06:02