



26. Rennsteig Herbstlauf

Masserberg / 02.10.2016

Detailed evaluation

Rutkowski, Josefine

Club: PSV Meiningen

Number: 196

Course: 20.00 km

20km Strecke

Category:

Frauen (20-29 Jahre)

Total time: 1:24:44

Speed: 14.16 km/h

Running performance: 4:14 min/km

Rank in course/Total: 23 (of 552)

Rank in course/Women: 2 (of 147)

Best time in course: 1:23:47

Rank in category: 2(of 24)

Best time in the category: 1:23:47

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	42:54	4:17	1	-	1	-	10.00	42:54	4:17	1	-	1	-
Finish	10.00	41:50	4:11	2	0:59	2	0:59	20.00	1:24:44	4:14	2	0:57	2	0:57