



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Heine, Natascha

Total time: 1:38:41

Number: 449

Speed: 12.16 km/h

Running performance: 4:56 min/km

Course: 20.00 km

Rank in course/Total: 129 (of 528)

20km Strecke

Rank in course/Women: 5 (of 138)

Best time in course: 1:23:29

Category:

Rank in category: 1(of 30)

Seniorinnen W35 (35-39 Jahre)

Best time in the category: 1:38:41

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
Lap 1	10.00	52:14	5:13	3	0:43	12	8:55	10.00	52:14	5:13	3	0:43	12	8:55
Last lap Finish	10.00	46:27	4:38	1	-	4	6:17	20.00	1:38:41	4:56	1	-	5	15:12