



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Luck, Heike

Club: WSV Schmiedefeld

Number: 553

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 1:43:48

Speed: 11.56 km/h

Running performance: 5:11 min/km

Rank in course/Total: 200 (of 528)

Rank in course/Women: 14 (of 138)

Best time in course: 1:23:29

Rank in category: 2(of 7)

Best time in the category: 1:43:44

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	10.00	52:51	5:17	2	0:27	14	9:32	10.00	52:51	5:17	2	0:27	14	9:32
Last lap Finish	10.00	50:57	5:05	1	-	15	10:47	20.00	1:43:48	5:11	2	0:04	14	20:19