



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Hartung, Manuela

Club: GutsMuths RSLV

Number: 259

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:44:53

Speed: 11.44 km/h

Running performance: 5:14 min/km

Rank in course/Total: 213 (of 528)

Rank in course/Women: 18 (of 138)

Best time in course: 1:23:29

Rank in category: 4(of 30)

Best time in the category: 1:35:48

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	54:53	5:29	4	5:27	24	11:34	10.00	54:53	5:29	4	5:27	24	11:34
Last lap Finish	10.00	50:00	5:00	2	3:38	10	9:50	20.00	1:44:53	5:14	4	9:05	18	21:24