



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Seeber, Jana

Club: Run&Bike Team Coburg

Number: 278

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:49:38

Speed: 10.95 km/h

Running performance: 5:29 min/km

Rank in course/Total: 262 (of 528)

Rank in course/Women: 30 (of 138)

Best time in course: 1:23:29

Rank in category: 5(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.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	10.00	58:01	5:48	9	8:35	47	14:42	10.00	58:01	5:48	9	8:35	47	14:42
Last lap Finish	10.00	51:37	5:09	5	5:15	21	11:27	20.00	1:49:38	5:28	5	13:50	30	26:09