



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Skora, Heike

Club: BudokanHeiligenstadt

Number: 328

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:57:21

Speed: 10.23 km/h

Running performance: 5:52 min/km

Rank in course/Total: 364 (of 528)

Rank in course/Women: 61 (of 138)

Best time in course: 1:23:29

Rank in category: 14(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	59:57	5:59	13	10:31	62	16:38	10.00	59:57	5:59	13	10:31	62	16:38
Last lap Finish	10.00	57:24	5:44	13	11:02	58	17:14	20.00	1:57:21	5:52	14	21:33	61	33:52