



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Lenzer, Kirsten

Club: Rhöner WSV

Number: 469

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:59:14

Speed: 10.06 km/h

Running performance: 5:58 min/km

Rank in course/Total: 383 (of 528)

Rank in course/Women: 67 (of 138)

Best time in course: 1:23:29

Rank in category: 11(of 25)

Best time in the category: 1:45:35

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	51:42	5:10	1	-	10	8:23	10.00	51:42	5:10	1	-	10	8:23
Last lap Finish	10.00	1:07:32	6:45	20	15:47	115	27:22	20.00	1:59:14	5:57	11	13:39	67	35:45