



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Holthöfer, Martina

Club: DLRG OG Nienburg

Number: 264

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 2:00:14

Speed: 9.98 km/h

Running performance: 6:01 min/km

Rank in course/Total: 393 (of 528)

Rank in course/Women: 69 (of 138)

Best time in course: 1:23:29

Rank in category: 5(of 14)

Best time in the category: 1:43:50

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 | 1:03:25 | 6:20 | 10 | 10:17 | 93 | 20:06 | 10.00 | 1:03:25 | 6:20 | 10 | 10:17 | 93 | 20:06 |
| Last lap Finish | 10.00 | 56:49 | 5:40 | 5 | 6:07 | 54 | 16:39 | 20.00 | 2:00:14 | 6:00 | 5 | 16:24 | 69 | 36:45 |