



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Mackenrodt, Ricarda

Club: GutsMuths RSLV

Number: 341

Course: 20.00 km

20km Strecke

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:07:25

Speed: 9.42 km/h

Running performance: 6:22 min/km

Rank in course/Total: 455 (of 528)

Rank in course/Women: 102 (of 138)

Best time in course: 1:23:29

Rank in category: 23(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	1:03:51	6:23	21	14:25	95	20:32	10.00	1:03:51	6:23	21	14:25	95	20:32
Last lap Finish	10.00	1:03:34	6:21	24	17:12	102	23:24	20.00	2:07:25	6:22	23	31:37	102	43:56