



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Ryndak, Karolina

Total time: 2:10:55

Number: 12

Speed: 9.17 km/h

Running performance: 6:33 min/km

Course: 20.00 km

Rank in course/Total: 472 (of 528)

20km Strecke

Rank in course/Women: 109 (of 138)

Best time in course: 1:23:29

Category:

Rank in category: 22(of 30)

Seniorinnen W35 (35-39 Jahre)

Best time in the category: 1:38:41

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	1:07:34	6:45	26	16:03	119	24:15	10.00	1:07:34	6:45	26	16:03	119	24:15
Last lap Finish	10.00	1:03:21	6:20	21	16:54	101	23:11	20.00	2:10:55	6:32	22	32:14	109	47:26