



27. Rennsteig Herbstlauf

Masserberg / 01.10.2017

Detailed evaluation

Rüdiger, Astrid

Total time: 2:25:02

Number: 286

Speed: 8.27 km/h

Running performance: 7:15 min/km

Course: 20.00 km

Rank in course/Total: 511 (of 528)

20km Strecke

Rank in course/Women: 127 (of 138)

Best time in course: 1:23:29

Category:

Rank in category: 13(of 14)

Seniorinnen W50 (50-54 Jahre)

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	1:14:07	7:24	13	20:59	129	30:48	10.00	1:14:07	7:24	13	20:59	129	30:48
Last lap Finish	10.00	1:10:55	7:05	12	20:13	122	30:45	20.00	2:25:02	7:15	13	41:12	127	1:01:33