



24. Rennsteig Herbstlauf  
Masserberg / 05.10.2014

Detailed evaluation

**Seige, Friederike**

Club: Leipzig  
Number: 10020

Course: 10.00 km  
10km Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:09:48

Speed: 8.60 km/h  
Running performance: 6:59 min/km

Rank in course/Total: 68 (of 87)  
Rank in course/Women: 29 (of 42)  
Best time in course: 47:03

Rank in category: 7(of 8)  
Best time in the category: 52:56