



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