



## 24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

### Detailed evaluation

Rudorfer, Carola

Club: Ilmenau

Number: 65

Course: 20.00 km

20km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:38:26

Speed: 12.19 km/h

Running performance: 4:55 min/km

Rank in course/Total: 84 (of 418)

Rank in course/Women: 7 (of 118)

Best time in course: 1:28:58

Rank in category: 2(of 25)

Best time in the category: 1:31:03