



24. Rennsteig Herbstlauf
Masserberg / 05.10.2014

Detailed evaluation

Koch, Heike

Club: TSSC Erfurt
Number: 174

Course: 20.00 km
20km Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 2:01:05

Speed: 9.91 km/h
Running performance: 6:03 min/km

Rank in course/Total: 299 (of 418)

Rank in course/Women: 60 (of 118)

Best time in course: 1:28:58

Rank in category: 18(of 27)

Best time in the category: 1:28:58