



24. Rennsteig Herbstlauf  
Masserberg / 05.10.2014

Detailed evaluation

Menzel, Ursula

Club: Just For Run 50 +/-  
Number: 16

Course: 20.00 km  
20km Lauf

Category:  
Seniorinnen W65 (65-69 Jahre)

Total time: 2:07:54

Speed: 9.38 km/h  
Running performance: 6:24 min/km

Rank in course/Total: 344 (of 418)  
Rank in course/Women: 77 (of 118)  
Best time in course: 1:28:58

Rank in category: 1(of 3)  
Best time in the category: 2:07:54