



24. Rennsteig Herbstlauf  
Masserberg / 05.10.2014

Detailed evaluation

Sander, Sabine

Club: Berlin  
Number: 228

Course: 20.00 km  
20km Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 2:09:12

Speed: 9.29 km/h  
Running performance: 6:28 min/km

Rank in course/Total: 351 (of 418)

Rank in course/Women: 79 (of 118)

Best time in course: 1:28:58

Rank in category: 19(of 25)

Best time in the category: 1:31:03