



24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

Detailed evaluation

Köhne, Manuela

Club: Bad Blankenburg

Number: 244

Course: 20.00 km

20km Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 2:10:00

Speed: 9.23 km/h

Running performance: 6:30 min/km

Rank in course/Total: 356 (of 418)

Rank in course/Women: 81 (of 118)

Best time in course: 1:28:58

Rank in category: 22(of 27)

Best time in the category: 1:28:58