



24. Rennsteig Herbstlauf  
Masserberg / 05.10.2014

Detailed evaluation

**Pohling, Monika**

Club: Skatstadtmarathon  
Number: 147

Course: 20.00 km  
20km Lauf

Category:  
Seniorinnen W55 (55-59 Jahre)

Total time: 2:17:25

Speed: 8.73 km/h  
Running performance: 6:52 min/km

Rank in course/Total: 388 (of 418)  
Rank in course/Women: 100 (of 118)  
Best time in course: 1:28:58

Rank in category: 10(of 11)  
Best time in the category: 1:40:22