



## 24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

### Detailed evaluation

**Elze, Alexandra**

Club: Rennsteig Spirit

Number: 46

Course: 20.00 km

20km Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:21:47

Speed: 8.46 km/h

Running performance: 7:05 min/km

Rank in course/Total: 397 (of 418)

Rank in course/Women: 104 (of 118)

Best time in course: 1:28:58

Rank in category: 24(of 25)

Best time in the category: 1:31:03