



26. Rennsteig Herbstlauf  
Masserberg / 02.10.2016

Detailed evaluation

Henseler, Regina

Club: Neukirchen-Vluyn  
Number: 10159

Course: 10.00 km  
10km Strecke

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:04:03

Speed: 9.37 km/h  
Running performance: 6:24 min/km

Rank in course/Total: 121 (of 205)

Rank in course/Women: 40 (of 100)

Best time in course: 40:05

Rank in category: 4(of 17)

Best time in the category: 52:21