



26. Rennsteig Herbstlauf  
Masserberg / 02.10.2016

Detailed evaluation

Kramer, Lisa

Club: RFV Udestedt  
Number: 10003

Course: 10.00 km  
10km Strecke

Category:  
Frauen (20-29 Jahre)

Total time: 1:07:33

Speed: 8.88 km/h  
Running performance: 6:46 min/km

Rank in course/Total: 150 (of 205)

Rank in course/Women: 56 (of 100)

Best time in course: 40:05

Rank in category: 17(of 27)

Best time in the category: 41:16