



26. Rennsteig Herbstlauf  
Masserberg / 02.10.2016

Detailed evaluation

Helfricht, Carolin

Club: Stuttgart  
Number: 10101

Course: 10.00 km  
10km Strecke

Category:  
Frauen (20-29 Jahre)

Total time: 1:07:47

Speed: 8.85 km/h  
Running performance: 6:47 min/km

Rank in course/Total: 154 (of 205)

Rank in course/Women: 59 (of 100)

Best time in course: 40:05

Rank in category: 20(of 27)

Best time in the category: 41:16