



26. Rennsteig Herbstlauf  
Masserberg / 02.10.2016

Detailed evaluation

**Aue, Hans-Helmut**

Club: nd-Lauf-Team  
Number: 10038

Course: 10.00 km  
10km Strecke

Category:  
Senioren M70 (70-74 Jahre)

Total time: 1:14:03

Speed: 8.10 km/h  
Running performance: 7:24 min/km

Rank in course/Total: 189 (of 205)

Rank in course/Men: 103 (of 105)

Best time in course: 37:55

Rank in category: 1(of 1)

Best time in the category: 1:14:03