



16. Rennsteig-Querung  
Pummpälz-Region / 30.06.2019

Detailed evaluation

Appel, Henriette

Club: marathon4you.de  
Number: 1532

Course: 42.19 km  
Höllwand-Marathon

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 7:37:33

Speed: 5.51 km/h  
Running performance: 10:50 min/km

Rank in course/Total: 41 (of 42)  
Rank in course/Women: 11 (of 11)  
Best time in course: 5:09:44

Rank in category: 3(of 3)  
Best time in the category: 5:09:44