



24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

Detailed evaluation

Hans, Jörg

Club: TriCity Darmstadt

Number: 22

Course: 20.00 km

20km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:34:10

Speed: 12.74 km/h

Running performance: 4:43 min/km

Rank in course/Total: 55 (of 418)

Rank in course/Men: 51 (of 300)

Best time in course: 1:08:15

Rank in category: 9(of 50)

Best time in the category: 1:23:03