



24. Rennsteig Herbstlauf  
Masserberg / 05.10.2014

Detailed evaluation

Schäfer, Ingo

Club: Blau-Weiß Mandern  
Number: 155

Course: 20.00 km  
20km Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:34:20

Speed: 12.72 km/h  
Running performance: 4:43 min/km

Rank in course/Total: 56 (of 418)

Rank in course/Men: 52 (of 300)

Best time in course: 1:08:15

Rank in category: 8(of 31)

Best time in the category: 1:16:38