



24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

Detailed evaluation

Ziemke, Ingo

Club: Dream-Team-Ilmenau

Number: 471

Course: 20.00 km

20km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:35:55

Speed: 12.51 km/h

Running performance: 4:48 min/km

Rank in course/Total: 65 (of 418)

Rank in course/Men: 60 (of 300)

Best time in course: 1:08:15

Rank in category: 6(of 52)

Best time in the category: 1:17:50