



24. Rennsteig Herbstlauf
Masserberg / 05.10.2014

Detailed evaluation

Sander, Manuel

Club: Berlin
Number: 222

Course: 20.00 km
20km Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:36:22

Speed: 12.45 km/h
Running performance: 4:49 min/km

Rank in course/Total: 67 (of 418)

Rank in course/Men: 62 (of 300)

Best time in course: 1:08:15

Rank in category: 7(of 52)

Best time in the category: 1:17:50