



24. Rennsteig Herbstlauf
Masserberg / 05.10.2014

Detailed evaluation

Ihde, Olaf

Club: Hamburg
Number: 10008

Course: 10.00 km
10km Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:08:21

Speed: 8.78 km/h
Running performance: 6:50 min/km

Rank in course/Total: 61 (of 87)

Rank in course/Men: 38 (of 45)

Best time in course: 35:55

Rank in category: 6(of 8)

Best time in the category: 40:35