



## 24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

### Detailed evaluation

**Matthes, Jan**

Club: Lauffreß Breitungen

Number: 10036

Course: 10.00 km

10km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:09:00

Speed: 8.70 km/h

Running performance: 6:54 min/km

Rank in course/Total: 62 (of 87)

Rank in course/Men: 39 (of 45)

Best time in course: 35:55

Rank in category: 7(of 8)

Best time in the category: 40:35