



24. Rennsteig Herbstlauf
Masserberg / 05.10.2014

Detailed evaluation

Henkel, Uwe

Club: Gera

Number: 108

Course: 20.00 km

20km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:37:44

Speed: 12.28 km/h

Running performance: 4:53 min/km

Rank in course/Total: 76 (of 418)

Rank in course/Men: 71 (of 300)

Best time in course: 1:08:15

Rank in category: 12(of 50)

Best time in the category: 1:23:03