



24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

Detailed evaluation

Helbing, Frank

Club: GutsMuths RSLV

Number: 87

Course: 20.00 km

20km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:39:13

Speed: 12.09 km/h

Running performance: 4:58 min/km

Rank in course/Total: 87 (of 418)

Rank in course/Men: 80 (of 300)

Best time in course: 1:08:15

Rank in category: 10(of 31)

Best time in the category: 1:16:38