



24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

Detailed evaluation

Amthor, Markus

Club: Sportfundgrube Rudol

Number: 156

Course: 20.00 km

20km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:39:29

Speed: 12.06 km/h

Running performance: 4:58 min/km

Rank in course/Total: 89 (of 418)

Rank in course/Men: 81 (of 300)

Best time in course: 1:08:15

Rank in category: 13(of 38)

Best time in the category: 1:08:15