



24. Rennsteig Herbstlauf  
Masserberg / 05.10.2014

Detailed evaluation

**Sahl, Marcus**

Club: RSV Adler Arnstadt  
Number: 10077

Course: 10.00 km  
10km Lauf

Category:  
Männer (20-29 Jahre)

Total time: 47:35

Speed: 12.61 km/h  
Running performance: 4:46 min/km

Rank in course/Total: 11 (of 87)

Rank in course/Men: 10 (of 45)

Best time in course: 35:55

Rank in category: 3(of 9)

Best time in the category: 35:55