



24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

Detailed evaluation

Seidler, Bernd

Club: N3 Sportverein

Number: 407

Course: 20.00 km

20km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:39:42

Speed: 12.04 km/h

Running performance: 4:59 min/km

Rank in course/Total: 92 (of 418)

Rank in course/Men: 84 (of 300)

Best time in course: 1:08:15

Rank in category: 15(of 50)

Best time in the category: 1:23:03