



24. Rennsteig Herbstlauf  
Masserberg / 05.10.2014

Detailed evaluation

**Sieder, Rene**

Club: SV Biberau  
Number: 436

Course: 20.00 km  
20km Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:40:44

Speed: 11.91 km/h  
Running performance: 5:02 min/km

Rank in course/Total: 108 (of 418)

Rank in course/Men: 99 (of 300)

Best time in course: 1:08:15

Rank in category: 18(of 50)

Best time in the category: 1:23:03