



## 24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

### Detailed evaluation

**Gering, Matthias**

Club: SWV Suhl-Goldlauter

Number: 152

Course: 20.00 km

20km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:41:09

Speed: 11.86 km/h

Running performance: 5:04 min/km

Rank in course/Total: 112 (of 418)

Rank in course/Men: 103 (of 300)

Best time in course: 1:08:15

Rank in category: 3(of 25)

Best time in the category: 1:36:16