



24. Rennsteig Herbstlauf  
Masserberg / 05.10.2014

Detailed evaluation

Heppe, Frank

Club: Eisenach  
Number: 136

Course: 20.00 km  
20km Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:41:43

Speed: 11.80 km/h  
Running performance: 5:05 min/km

Rank in course/Total: 116 (of 418)

Rank in course/Men: 106 (of 300)

Best time in course: 1:08:15

Rank in category: 18(of 38)

Best time in the category: 1:08:15