



24. Rennsteig Herbstlauf  
Masserberg / 05.10.2014

Detailed evaluation

Sahl, Andreas

Club: RSV Adler Arnstadt  
Number: 10076

Course: 10.00 km  
10km Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 48:48

Speed: 12.30 km/h  
Running performance: 4:53 min/km

Rank in course/Total: 12 (of 87)

Rank in course/Men: 11 (of 45)

Best time in course: 35:55

Rank in category: 2(of 8)

Best time in the category: 40:35