



24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

Detailed evaluation

Heim, Stefan

Club: GutsMuths RSLV

Number: 310

Course: 20.00 km

20km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:43:50

Speed: 11.56 km/h

Running performance: 5:11 min/km

Rank in course/Total: 139 (of 418)

Rank in course/Men: 125 (of 300)

Best time in course: 1:08:15

Rank in category: 22(of 50)

Best time in the category: 1:23:03