



24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

Detailed evaluation

Schmidt, Knut

Club: Langenfeld

Number: 261

Course: 20.00 km

20km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:44:11

Speed: 11.52 km/h

Running performance: 5:13 min/km

Rank in course/Total: 145 (of 418)

Rank in course/Men: 130 (of 300)

Best time in course: 1:08:15

Rank in category: 18(of 49)

Best time in the category: 1:15:51