



24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

Detailed evaluation

Panse, Jens

Club: GutsMuths RSLV

Number: 414

Course: 20.00 km

20km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:42:42

Speed: 11.68 km/h

Running performance: 5:08 min/km

Rank in course/Total: 131 (of 418)

Rank in course/Men: 117 (of 300)

Best time in course: 1:08:15

Rank in category: 21(of 50)

Best time in the category: 1:23:03