



24. Rennsteig Herbstlauf
Masserberg / 05.10.2014

Detailed evaluation

Herrmann, Ralf

Club: 3 x Spaß
Number: 291

Course: 20.00 km
20km Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:43:53

Speed: 11.55 km/h
Running performance: 5:11 min/km

Rank in course/Total: 142 (of 418)

Rank in course/Men: 128 (of 300)

Best time in course: 1:08:15

Rank in category: 23(of 50)

Best time in the category: 1:23:03