



24. Rennsteig Herbstlauf
Masserberg / 05.10.2014

Detailed evaluation

Lemuth, Hans-Martin

Club: Dolmarlaufverein

Number: 343

Course: 20.00 km

20km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:44:32

Speed: 11.48 km/h

Running performance: 5:14 min/km

Rank in course/Total: 149 (of 418)

Rank in course/Men: 134 (of 300)

Best time in course: 1:08:15

Rank in category: 6(of 25)

Best time in the category: 1:36:16