



24. Rennsteig Herbstlauf
Masserberg / 05.10.2014

Detailed evaluation

Recknagel, Michael

Club: SV Eintra Altersbach
Number: 177

Course: 20.00 km
20km Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:44:24

Speed: 11.49 km/h
Running performance: 5:13 min/km

Rank in course/Total: 147 (of 418)

Rank in course/Men: 132 (of 300)

Best time in course: 1:08:15

Rank in category: 19(of 49)

Best time in the category: 1:15:51