



24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

Detailed evaluation

Schäge, Rico

Club: Arnstadt

Number: 269

Course: 20.00 km

20km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:45:42

Speed: 11.35 km/h

Running performance: 5:17 min/km

Rank in course/Total: 169 (of 418)

Rank in course/Men: 148 (of 300)

Best time in course: 1:08:15

Rank in category: 23(of 49)

Best time in the category: 1:15:51