



24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

Detailed evaluation

Nothnagel, Rainer

Club: Zella-Mehlis

Number: 401

Course: 20.00 km

20km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:45:32

Speed: 11.37 km/h

Running performance: 5:17 min/km

Rank in course/Total: 166 (of 418)

Rank in course/Men: 145 (of 300)

Best time in course: 1:08:15

Rank in category: 8(of 25)

Best time in the category: 1:36:16