



24. Rennsteig Herbstlauf  
Masserberg / 05.10.2014

Detailed evaluation

Rodenkirchen, Wilfried

Club: Rudolstadt  
Number: 106

Course: 20.00 km  
20km Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:47:13

Speed: 11.19 km/h  
Running performance: 5:22 min/km

Rank in course/Total: 176 (of 418)

Rank in course/Men: 153 (of 300)

Best time in course: 1:08:15

Rank in category: 22(of 52)

Best time in the category: 1:17:50