



24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

Detailed evaluation

Remdt, Matthias

Club: SV Ilmtal Manebach

Number: 208

Course: 20.00 km

20km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:47:48

Speed: 11.13 km/h

Running performance: 5:23 min/km

Rank in course/Total: 188 (of 418)

Rank in course/Men: 162 (of 300)

Best time in course: 1:08:15

Rank in category: 18(of 31)

Best time in the category: 1:16:38