



## 24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

### Detailed evaluation

**Czäczine, Karsten**

Club: Heuckewalder SV

Number: 165

Course: 20.00 km

20km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:47:33

Speed: 11.16 km/h

Running performance: 5:23 min/km

Rank in course/Total: 184 (of 418)

Rank in course/Men: 159 (of 300)

Best time in course: 1:08:15

Rank in category: 29(of 50)

Best time in the category: 1:23:03