



## 24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

### Detailed evaluation

#### Spranger, Steffen

Club: Stützerbach

Number: 240

Course: 20.00 km

20km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:49:33

Speed: 10.95 km/h

Running performance: 5:29 min/km

Rank in course/Total: 204 (of 418)

Rank in course/Men: 176 (of 300)

Best time in course: 1:08:15

Rank in category: 32(of 50)

Best time in the category: 1:23:03