



24. Rennsteig Herbstlauf  
Masserberg / 05.10.2014

Detailed evaluation

**Seifert, Matthias**

Club: FSV Preussen  
Number: 346

Course: 20.00 km  
20km Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:50:51

Speed: 10.83 km/h  
Running performance: 5:32 min/km

Rank in course/Total: 220 (of 418)

Rank in course/Men: 189 (of 300)

Best time in course: 1:08:15

Rank in category: 33(of 49)

Best time in the category: 1:15:51