



24. Rennsteig Herbstlauf
Masserberg / 05.10.2014

Detailed evaluation

Kästner, Bernd

Club: Bad Langensalza

Number: 95

Course: 20.00 km

20km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:50:40

Speed: 10.84 km/h

Running performance: 5:32 min/km

Rank in course/Total: 218 (of 418)

Rank in course/Men: 187 (of 300)

Best time in course: 1:08:15

Rank in category: 13(of 25)

Best time in the category: 1:36:16