



24. Rennsteig Herbstlauf  
Masserberg / 05.10.2014

Detailed evaluation

Demringer, Carsten

Club: Zella-Mehlis  
Number: 460

Course: 20.00 km  
20km Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:53:12

Speed: 10.60 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 234 (of 418)

Rank in course/Men: 198 (of 300)

Best time in course: 1:08:15

Rank in category: 35(of 50)

Best time in the category: 1:23:03