



24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

Detailed evaluation

Gröger, Thomas

Club: Friedberg/Hessen

Number: 257

Course: 20.00 km

20km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:55:22

Speed: 10.40 km/h

Running performance: 5:46 min/km

Rank in course/Total: 246 (of 418)

Rank in course/Men: 205 (of 300)

Best time in course: 1:08:15

Rank in category: 37(of 50)

Best time in the category: 1:23:03