



24. Rennsteig Herbstlauf
Masserberg / 05.10.2014

Detailed evaluation

Schwendel, Frank

Club: Heuckewalder SV
Number: 143

Course: 20.00 km
20km Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:55:30

Speed: 10.39 km/h
Running performance: 5:47 min/km

Rank in course/Total: 248 (of 418)

Rank in course/Men: 207 (of 300)

Best time in course: 1:08:15

Rank in category: 31(of 52)

Best time in the category: 1:17:50