



24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

Detailed evaluation

Siegling, Michael

Club: NWA Nürnberg e.V.

Number: 195

Course: 20.00 km

20km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:56:28

Speed: 10.30 km/h

Running performance: 5:49 min/km

Rank in course/Total: 254 (of 418)

Rank in course/Men: 212 (of 300)

Best time in course: 1:08:15

Rank in category: 36(of 49)

Best time in the category: 1:15:51