



24. Rennsteig Herbstlauf  
Masserberg / 05.10.2014

Detailed evaluation

Dehmel, Gerhard

Club: ThwV Ilmenau  
Number: 416

Course: 20.00 km  
20km Lauf

Category:  
Senioren M70 (70-74 Jahre)

Total time: 1:58:20

Speed: 10.14 km/h  
Running performance: 5:55 min/km

Rank in course/Total: 273 (of 418)

Rank in course/Men: 226 (of 300)

Best time in course: 1:08:15

Rank in category: 1(of 4)

Best time in the category: 1:58:20