



## 24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

### Detailed evaluation

**Abt, Holger**

Club: Wasungen

Number: 434

Course: 20.00 km

20km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:58:36

Speed: 10.12 km/h

Running performance: 5:56 min/km

Rank in course/Total: 275 (of 418)

Rank in course/Men: 228 (of 300)

Best time in course: 1:08:15

Rank in category: 37(of 49)

Best time in the category: 1:15:51