



24. Rennsteig Herbstlauf  
Masserberg / 05.10.2014

Detailed evaluation

Sömmer, Fred

Club: Wartburg-Sparkasse  
Number: 104

Course: 20.00 km  
20km Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:59:14

Speed: 10.06 km/h  
Running performance: 5:58 min/km

Rank in course/Total: 281 (of 418)

Rank in course/Men: 231 (of 300)

Best time in course: 1:08:15

Rank in category: 39(of 50)

Best time in the category: 1:23:03