



24. Rennsteig Herbstlauf
Masserberg / 05.10.2014

Detailed evaluation

Grothe, Frank

Club: Neuhaus

Number: 445

Course: 20.00 km

20km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:59:07

Speed: 10.07 km/h

Running performance: 5:58 min/km

Rank in course/Total: 280 (of 418)

Rank in course/Men: 230 (of 300)

Best time in course: 1:08:15

Rank in category: 38(of 52)

Best time in the category: 1:17:50