



24. Rennsteig Herbstlauf  
Masserberg / 05.10.2014

Detailed evaluation

Nestmann, Holger

Club: Erfurt  
Number: 85

Course: 20.00 km  
20km Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:59:26

Speed: 10.05 km/h  
Running performance: 5:58 min/km

Rank in course/Total: 285 (of 418)

Rank in course/Men: 233 (of 300)

Best time in course: 1:08:15

Rank in category: 39(of 49)

Best time in the category: 1:15:51