



24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

Detailed evaluation

Penquitt, Jens

Club: Würzburg

Number: 142

Course: 20.00 km

20km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:59:27

Speed: 10.05 km/h

Running performance: 5:58 min/km

Rank in course/Total: 287 (of 418)

Rank in course/Men: 234 (of 300)

Best time in course: 1:08:15

Rank in category: 40(of 49)

Best time in the category: 1:15:51