



24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

Detailed evaluation

Koch, Gerhard

Club: SV Ritschenhausen

Number: 341

Course: 20.00 km

20km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:00:34

Speed: 9.95 km/h

Running performance: 6:02 min/km

Rank in course/Total: 298 (of 418)

Rank in course/Men: 239 (of 300)

Best time in course: 1:08:15

Rank in category: 41(of 50)

Best time in the category: 1:23:03