



24. Rennsteig Herbstlauf
Masserberg / 05.10.2014

Detailed evaluation

Lehmkuhl, August

Club: Just For Run 50 +/-
Number: 10

Course: 20.00 km
20km Lauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 2:01:09

Speed: 9.91 km/h
Running performance: 6:04 min/km

Rank in course/Total: 300 (of 418)

Rank in course/Men: 240 (of 300)

Best time in course: 1:08:15

Rank in category: 2(of 4)

Best time in the category: 1:58:20