



24. Rennsteig Herbstlauf  
Masserberg / 05.10.2014

Detailed evaluation

**Pohling, Ulf**

Club: Skatstadtmarathon  
Number: 146

Course: 20.00 km  
20km Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 2:01:19

Speed: 9.89 km/h  
Running performance: 6:04 min/km

Rank in course/Total: 301 (of 418)

Rank in course/Men: 241 (of 300)

Best time in course: 1:08:15

Rank in category: 4(of 10)

Best time in the category: 1:34:26