



## 24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

### Detailed evaluation

**Rutkowski, Nils**

Club: Sportteam Steinbach

Number: 180

Course: 20.00 km

20km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:02:55

Speed: 9.76 km/h

Running performance: 6:09 min/km

Rank in course/Total: 307 (of 418)

Rank in course/Men: 245 (of 300)

Best time in course: 1:08:15

Rank in category: 40(of 52)

Best time in the category: 1:17:50