



24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

Detailed evaluation

Gödecke, Michael

Club: Sportfreunde der SNG

Number: 375

Course: 20.00 km

20km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:02:55

Speed: 9.76 km/h

Running performance: 6:09 min/km

Rank in course/Total: 308 (of 418)

Rank in course/Men: 245 (of 300)

Best time in course: 1:08:15

Rank in category: 42(of 50)

Best time in the category: 1:23:03