



## 24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

### Detailed evaluation

**Elfert, Volkmar**

Club: Genulasch

Number: 289

Course: 20.00 km

20km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:03:32

Speed: 9.71 km/h

Running performance: 6:11 min/km

Rank in course/Total: 311 (of 418)

Rank in course/Men: 248 (of 300)

Best time in course: 1:08:15

Rank in category: 41(of 52)

Best time in the category: 1:17:50