



24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

Detailed evaluation

Lauterbach, Erik

Club: KönigreichCrodo

Number: 100

Course: 20.00 km

20km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 2:05:09

Speed: 9.59 km/h

Running performance: 6:16 min/km

Rank in course/Total: 320 (of 418)

Rank in course/Men: 252 (of 300)

Best time in course: 1:08:15

Rank in category: 44(of 50)

Best time in the category: 1:23:03