



24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

Detailed evaluation

Friedrich, Maik

Club: Braunschweig

Number: 255

Course: 20.00 km

20km Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 2:06:35

Speed: 9.48 km/h

Running performance: 6:20 min/km

Rank in course/Total: 328 (of 418)

Rank in course/Men: 259 (of 300)

Best time in course: 1:08:15

Rank in category: 37(of 38)

Best time in the category: 1:08:15