



24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

Detailed evaluation

Friedrich, Jürgen

Club: Ilmenau

Number: 238

Course: 20.00 km

20km Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 2:11:35

Speed: 9.12 km/h

Running performance: 6:35 min/km

Rank in course/Total: 368 (of 418)

Rank in course/Men: 280 (of 300)

Best time in course: 1:08:15

Rank in category: 25(of 25)

Best time in the category: 1:36:16