



## 24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

### Detailed evaluation

**Knackmus, Jan**

Club: 50Hertz

Number: 356

Course: 20.00 km

20km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 2:17:17

Speed: 8.74 km/h

Running performance: 6:52 min/km

Rank in course/Total: 386 (of 418)

Rank in course/Men: 286 (of 300)

Best time in course: 1:08:15

Rank in category: 29(of 31)

Best time in the category: 1:16:38