



24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

Detailed evaluation

Rummel, Dieter

Club: Haynrode

Number: 329

Course: 20.00 km

20km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 2:18:05

Speed: 8.69 km/h

Running performance: 6:54 min/km

Rank in course/Total: 390 (of 418)

Rank in course/Men: 290 (of 300)

Best time in course: 1:08:15

Rank in category: 50(of 52)

Best time in the category: 1:17:50