



24. Rennsteig Herbstlauf
Masserberg / 05.10.2014

Detailed evaluation

Derx, Karl-Heinz

Club: Blau-Weiß Mandern
Number: 150

Course: 20.00 km
20km Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 2:21:24

Speed: 8.49 km/h
Running performance: 7:04 min/km

Rank in course/Total: 395 (of 418)

Rank in course/Men: 293 (of 300)

Best time in course: 1:08:15

Rank in category: 52(of 52)

Best time in the category: 1:17:50