



## 24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

### Detailed evaluation

**Aue, Hans-Helmut**

Club: ND Lauf-Team

Number: 77

Course: 20.00 km

20km Lauf

Category:

Senioren M70 (70-74 Jahre)

Total time: 2:48:25

Speed: 7.13 km/h

Running performance: 8:25 min/km

Rank in course/Total: 418 (of 418)

Rank in course/Men: 300 (of 300)

Best time in course: 1:08:15

Rank in category: 4(of 4)

Best time in the category: 1:58:20