



## 24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

### Detailed evaluation

**Heß, Torsten**

Club: LG Rippershausen

Number: 441

Course: 20.00 km

20km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:25:51

Speed: 13.98 km/h

Running performance: 4:17 min/km

Rank in course/Total: 24 (of 418)

Rank in course/Men: 24 (of 300)

Best time in course: 1:08:15

Rank in category: 3(of 50)

Best time in the category: 1:23:03