



## 24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

### Detailed evaluation

**Ros, Sascha**

Club: Eisfeld

Number: 274

Course: 20.00 km

20km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:27:53

Speed: 13.65 km/h

Running performance: 4:23 min/km

Rank in course/Total: 28 (of 418)

Rank in course/Men: 28 (of 300)

Best time in course: 1:08:15

Rank in category: 3(of 31)

Best time in the category: 1:16:38