



## 24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

### Detailed evaluation

**Münch, Heiko**

Club: Fam.Münch Impuls Erf

Number: 262

Course: 20.00 km

20km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:28:11

Speed: 13.61 km/h

Running performance: 4:25 min/km

Rank in course/Total: 29 (of 418)

Rank in course/Men: 29 (of 300)

Best time in course: 1:08:15

Rank in category: 4(of 50)

Best time in the category: 1:23:03