



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