



24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

Detailed evaluation

Sievers, Kai

Club: Medletik Laufteam

Number: 468

Course: 20.00 km

20km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:30:43

Speed: 13.23 km/h

Running performance: 4:32 min/km

Rank in course/Total: 38 (of 418)

Rank in course/Men: 37 (of 300)

Best time in course: 1:08:15

Rank in category: 6(of 31)

Best time in the category: 1:16:38