



24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

Detailed evaluation

Glaser, Heiko

Club: Team Rad Wenzel

Number: 423

Course: 20.00 km

20km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:31:06

Speed: 13.17 km/h

Running performance: 4:34 min/km

Rank in course/Total: 41 (of 418)

Rank in course/Men: 39 (of 300)

Best time in course: 1:08:15

Rank in category: 5(of 50)

Best time in the category: 1:23:03