



24. Rennsteig Herbstlauf
Masserberg / 05.10.2014

Detailed evaluation

Ihme, Holger

Club: Mengersger.-Hämmern
Number: 10016

Course: 10.00 km
10km Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:03:19

Speed: 9.48 km/h
Running performance: 6:20 min/km

Rank in course/Total: 42 (of 87)

Rank in course/Men: 32 (of 45)

Best time in course: 35:55

Rank in category: 4(of 6)

Best time in the category: 52:56