



24. Rennsteig Herbstlauf
Masserberg / 05.10.2014

Detailed evaluation

Bendowski, Thorsten

Club: 50Hertz
Number: 358

Course: 20.00 km
20km Lauf

Category:
Männer (20-29 Jahre)

Total time: 1:32:21

Speed: 12.99 km/h
Running performance: 4:37 min/km

Rank in course/Total: 46 (of 418)

Rank in course/Men: 44 (of 300)

Best time in course: 1:08:15

Rank in category: 14(of 32)

Best time in the category: 1:11:00