



24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

Detailed evaluation

Ernst, Volkmar

Club: Saalfelder LV

Number: 334

Course: 20.00 km

20km Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:32:35

Speed: 12.96 km/h

Running performance: 4:38 min/km

Rank in course/Total: 47 (of 418)

Rank in course/Men: 45 (of 300)

Best time in course: 1:08:15

Rank in category: 4(of 52)

Best time in the category: 1:17:50