



## 24. Rennsteig Herbstlauf

Masserberg / 05.10.2014

### Detailed evaluation

**Koch, Daniel**

Club: Bockstadt

Number: 446

Course: 20.00 km

20km Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:33:11

Speed: 12.88 km/h

Running performance: 4:40 min/km

Rank in course/Total: 52 (of 418)

Rank in course/Men: 49 (of 300)

Best time in course: 1:08:15

Rank in category: 8(of 49)

Best time in the category: 1:15:51