



34. Kienberglauf
Oehrenstock / 04.10.2014

Detailed evaluation

Kurtz, Ralf

Club: Easy Fun
Number: 946

Course: 11.00 km
11 km Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 55:04

Speed: 11.99 km/h
Running performance: 5:01 min/km

Rank in course/Total: 8 (of 30)

Rank in course/Men: 8 (of 23)

Best time in course: 46:56

Rank in category: 2(of 3)

Best time in the category: 48:09