



34. Kienberglauf  
Oehrenstock / 04.10.2014

Detailed evaluation

Kahl, Lilith

Club: Die flinken Gerataler  
Number: 953

Course: 11.00 km  
11 km Lauf

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 1:00:01

Speed: 11.00 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 15 (of 30)

Rank in course/Women: 2 (of 7)

Best time in course: 55:36

Rank in category: 1(of 1)

Best time in the category: 1:00:01