



35. Kienberglauf  
Oehrenstock / 27.09.2015

Detailed evaluation

Lambeck, Katrin

Club: Ilmenau  
Number: 504

Course: 16.00 km  
16 km Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:35:44

Speed: 10.03 km/h  
Running performance: 5:59 min/km

Rank in course/Total: 28 (of 34)

Rank in course/Women: 2 (of 5)

Best time in course: 1:25:31

Rank in category: 1(of 1)

Best time in the category: 1:35:44