



35. Kienberglauf  
Oehrenstock / 27.09.2015

Detailed evaluation

Lindenlaub, Ralf

Club: Die flinken Gerataler/Pennewitz  
Number: 510

Course: 16.00 km  
16 km Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:19:05

Speed: 12.14 km/h  
Running performance: 4:56 min/km

Rank in course/Total: 6 (of 34)

Rank in course/Men: 6 (of 29)

Best time in course: 1:11:12

Rank in category: 1(of 4)

Best time in the category: 1:19:05