



35. Kienberglauf  
Oehrenstock / 27.09.2015

Detailed evaluation

**Gareis, Heiko**

Club: TSV Germania 1887 e.V. Neustadt (Orla)  
Number: 491

Course: 16.00 km  
16 km Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:19:14

Speed: 12.12 km/h  
Running performance: 4:57 min/km

Rank in course/Total: 7 (of 34)

Rank in course/Men: 7 (of 29)

Best time in course: 1:11:12

Rank in category: 2(of 4)

Best time in the category: 1:19:05