



36. Kienberglauf  
Oehrenstock / 25.09.2016

Detailed evaluation

Simon, Holger

Club: Schmalkalden  
Number: 799

Course: 16.00 km  
16 km Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:30:45

Speed: 10.58 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 30 (of 37)

Rank in course/Men: 29 (of 35)

Best time in course: 56:14

Rank in category: 6(of 6)

Best time in the category: 1:03:05