



36. Kienberglauf  
Oehrenstock / 25.09.2016

## Detailed evaluation

Esche, Karsten

Club: LSV Lok Arnstadt  
Number: 605

Course: 16.00 km  
16 km Nordic Walking

Category:

Männer

Total time: 2:28:32

Speed: 6.46 km/h

Running performance: 9:17 min/km

Rank in course/Total: 3 (of 3)

Rank in course/Men: 3 (of 3)

Best time in course: 1:56:52

Rank in category: 3(of 3)

Best time in the category: 1:56:52