



36. Kienberglauf  
Oehrenstock / 25.09.2016

## Detailed evaluation

Lindenlaub, Ralf

Club: Die Flinken Gerataler  
Number: 745

Course: 11.00 km  
11 km Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:02:49

Speed: 10.51 km/h  
Running performance: 5:43 min/km

Rank in course/Total: 27 (of 44)

Rank in course/Men: 21 (of 27)

Best time in course: 43:20

Rank in category: 3(of 4)

Best time in the category: 52:27