



36. Kienberglauf  
Oehrenstock / 25.09.2016

## Detailed evaluation

Heller, Maik

Club: Schmalkalden  
Number: 808

Course: 16.00 km  
16 km Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:14:37

Speed: 12.87 km/h  
Running performance: 4:40 min/km

Rank in course/Total: 12 (of 37)

Rank in course/Men: 12 (of 35)

Best time in course: 56:14

Rank in category: 3(of 6)

Best time in the category: 1:03:05