



36. Kienberglauf  
Oehrenstock / 25.09.2016

## Detailed evaluation

Lambeck, Steven

Club: SV TU Ilmenau  
Number: 795

Course: 16.00 km  
16 km Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:15:58

Speed: 12.64 km/h  
Running performance: 4:45 min/km

Rank in course/Total: 15 (of 37)

Rank in course/Men: 15 (of 35)

Best time in course: 56:14

Rank in category: 2(of 4)

Best time in the category: 1:12:58