



36. Kienberglauf  
Oehrenstock / 25.09.2016

## Detailed evaluation

**Gareis, Heiko**

Club: TSV Germania 1887 e.V. Neustadt (Orla)  
Number: 786

Course: 16.00 km  
16 km Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:19:52

Speed: 12.02 km/h  
Running performance: 4:59 min/km

Rank in course/Total: 17 (of 37)

Rank in course/Men: 17 (of 35)

Best time in course: 56:14

Rank in category: 2(of 3)

Best time in the category: 1:14:30