



37. Kienberglauf
Oehrenstock / 01.10.2017

Detailed evaluation

LAMBECK, Steven

Number: 705

Course: 11.00 km
11 km Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 46:17

Speed: 14.26 km/h

Running performance: 4:13 min/km

Rank in course/Total: 2 (of 21)

Rank in course/Men: 2 (of 15)

Best time in course: 45:39

Rank in category: 1(of 4)

Best time in the category: 46:17