



38. Kienberglauf
Oehrenstock / 30.09.2018

Detailed evaluation

Widder, Lutz

Club: Wümbach

Number: 748

Course: 11.00 km

11 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 54:26

Speed: 12.12 km/h

Running performance: 4:57 min/km

Rank in course/Total: 5 (of 33)

Rank in course/Men: 3 (of 23)

Best time in course: 45:47

Rank in category: 1(of 6)

Best time in the category: 54:26