



38. Kienberglauf
Oehrenstock / 30.09.2018

Detailed evaluation

Rückert, Jonas

Club: Übers Knie Gezerre
Number: 739

Course: 11.00 km
11 km Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 54:43

Speed: 12.06 km/h
Running performance: 4:58 min/km

Rank in course/Total: 6 (of 33)

Rank in course/Men: 4 (of 23)

Best time in course: 45:47

Rank in category: 3(of 4)

Best time in the category: 45:47