



38. Kienberglauf
Oehrenstock / 30.09.2018

Detailed evaluation

Senglaub, Arvid

Club: Die flinken Gerataler/ TSV 1880 Elgersburg
Number: 733

Course: 11.00 km
11 km Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 57:41

Speed: 11.44 km/h
Running performance: 5:14 min/km

Rank in course/Total: 11 (of 33)

Rank in course/Men: 8 (of 23)

Best time in course: 45:47

Rank in category: 2(of 6)

Best time in the category: 54:26