



38. Kienberglauf
Oehrenstock / 30.09.2018

Detailed evaluation

Heintz, Jens

Club: Fit mit Schmidt Langewiesen
Number: 741

Course: 11.00 km
11 km Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 58:58

Speed: 11.19 km/h
Running performance: 5:22 min/km

Rank in course/Total: 14 (of 33)

Rank in course/Men: 11 (of 23)

Best time in course: 45:47

Rank in category: 3(of 4)

Best time in the category: 58:24