



38. Kienberglauf  
Oehrenstock / 30.09.2018

Detailed evaluation

**Grube, Heiko**

Club: Langewiesen  
Number: 752

Course: 11.00 km  
11 km Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:01:11

Speed: 10.79 km/h  
Running performance: 5:34 min/km

Rank in course/Total: 15 (of 33)

Rank in course/Men: 12 (of 23)

Best time in course: 45:47

Rank in category: 4(of 4)

Best time in the category: 45:47