



38. Kienberglauf  
Oehrenstock / 30.09.2018

Detailed evaluation

Seever, Thorsten

Club: SG Motor Arnstadt  
Number: 751

Course: 11.00 km  
11 km Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:03:36

Speed: 10.38 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 19 (of 33)

Rank in course/Men: 15 (of 23)

Best time in course: 45:47

Rank in category: 3(of 6)

Best time in the category: 54:26