



38. Kienberglauf
Oehrenstock / 30.09.2018

Detailed evaluation

Hildesheim, Ingo

Club: Laufteam Fuerth 2010
Number: 740

Course: 11.00 km
11 km Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:06:25

Speed: 9.94 km/h
Running performance: 6:02 min/km

Rank in course/Total: 24 (of 33)

Rank in course/Men: 17 (of 23)

Best time in course: 45:47

Rank in category: 3(of 4)

Best time in the category: 55:00