



38. Kienberglauf
Oehrenstock / 30.09.2018

Detailed evaluation

Spranger, Steffen

Club: Joho Stüba
Number: 759

Course: 11.00 km
11 km Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:09:42

Speed: 9.47 km/h
Running performance: 6:20 min/km

Rank in course/Total: 26 (of 33)

Rank in course/Men: 18 (of 23)

Best time in course: 45:47

Rank in category: 5(of 6)

Best time in the category: 54:26