



38. Kienberglauf  
Oehrenstock / 30.09.2018

## Detailed evaluation

**Dehmel, Gerhard**

Club: THWV Ilmenau  
Number: 749

Course: 11.00 km  
11 km Lauf

Category:  
Senioren M75 (75-79 Jahre)

Total time: 1:14:59

Speed: 8.80 km/h  
Running performance: 6:49 min/km

Rank in course/Total: 28 (of 33)

Rank in course/Men: 20 (of 23)

Best time in course: 45:47

Rank in category: 1(of 1)

Best time in the category: 1:14:59