



38. Kienberglauf
Oehrenstock / 30.09.2018

Detailed evaluation

Heß, Torsten

Club: LG Rippershausen
Number: 916

Course: 16.00 km
16 km Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:18:00

Speed: 12.31 km/h
Running performance: 4:53 min/km

Rank in course/Total: 6 (of 23)

Rank in course/Men: 6 (of 19)

Best time in course: 1:02:07

Rank in category: 2(of 3)

Best time in the category: 1:11:34