



38. Kienberglauf
Oehrenstock / 30.09.2018

Detailed evaluation

Spilling, Jochen

Club: Amt Wachsenburg OT Holz
Number: 734

Course: 11.00 km
11 km Lauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 1:18:08

Speed: 8.45 km/h
Running performance: 7:06 min/km

Rank in course/Total: 30 (of 33)

Rank in course/Men: 22 (of 23)

Best time in course: 45:47

Rank in category: 1(of 1)

Best time in the category: 1:18:08