



39. Kienberglauf
Oehrenstock / 29.09.2019

Detailed evaluation

Lambeck, Steven

Club: Rennsteiglaufverein
Number: 525

Course: 16.00 km
16 km Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:10:47

Speed: 13.56 km/h
Running performance: 4:25 min/km

Rank in course/Total: 4 (of 29)

Rank in course/Men: 4 (of 24)

Best time in course: 1:03:39

Rank in category: 1(of 3)

Best time in the category: 1:10:47