



39. Kienberglauf  
Oehrenstock / 29.09.2019

Detailed evaluation

Deinhard, Jens

Club: Laufburschen Ilmenau  
Number: 643

Course: 11.00 km  
11 km Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:11:30

Speed: 9.23 km/h  
Running performance: 6:30 min/km

Rank in course/Total: 38 (of 49)

Rank in course/Men: 27 (of 34)

Best time in course: 41:37

Rank in category: 4(of 4)

Best time in the category: 55:00