



39. Kienberglauf
Oehrenstock / 29.09.2019

Detailed evaluation

Heß, Torsten

Club: LG Rippershausen
Number: 519

Course: 16.00 km
16 km Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:18:45

Speed: 12.19 km/h
Running performance: 4:55 min/km

Rank in course/Total: 10 (of 29)

Rank in course/Men: 10 (of 24)

Best time in course: 1:03:39

Rank in category: 3(of 4)

Best time in the category: 1:16:22