



39. Kienberglauf  
Oehrenstock / 29.09.2019

Detailed evaluation

**Senglaub, Arvid**

Club: Die flinken Gerataler/ TSV 1880 Elgersburg  
Number: 533

Course: 16.00 km  
16 km Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:23:40

Speed: 11.47 km/h  
Running performance: 5:14 min/km

Rank in course/Total: 12 (of 29)

Rank in course/Men: 12 (of 24)

Best time in course: 1:03:39

Rank in category: 2(of 3)

Best time in the category: 1:10:47