



39. Kienberglauf  
Oehrenstock / 29.09.2019

Detailed evaluation

Schmidt, Dirk

Club: GutsMuths-Rennsteiglaufverein  
Number: 530

Course: 16.00 km  
16 km Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:28:04

Speed: 10.90 km/h  
Running performance: 5:30 min/km

Rank in course/Total: 20 (of 29)

Rank in course/Men: 19 (of 24)

Best time in course: 1:03:39

Rank in category: 3(of 3)

Best time in the category: 1:10:47