



39. Kienberglauf  
Oehrenstock / 29.09.2019

Detailed evaluation

Kohl, Heike

Club: Die flinken Gerataler  
Number: 522

Course: 16.00 km  
16 km Lauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 1:34:12

Speed: 10.19 km/h  
Running performance: 5:53 min/km

Rank in course/Total: 24 (of 29)

Rank in course/Women: 3 (of 5)

Best time in course: 1:26:49

Rank in category: 1(of 1)

Best time in the category: 1:34:12