



39. Kienberglauf
Oehrenstock / 29.09.2019

Detailed evaluation

Jaraus, Hagen

Club: ASV Erfurt
Number: 665

Course: 11.00 km
11 km Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 52:44

Speed: 12.52 km/h
Running performance: 4:47 min/km

Rank in course/Total: 5 (of 49)

Rank in course/Men: 4 (of 34)

Best time in course: 41:37

Rank in category: 1(of 5)

Best time in the category: 52:44