



39. Kienberglauf
Oehrenstock / 29.09.2019

Detailed evaluation

Widder, Lutz

Number: 645

Course: 11.00 km
11 km Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 55:36

Speed: 11.87 km/h

Running performance: 5:03 min/km

Rank in course/Total: 11 (of 49)

Rank in course/Men: 10 (of 34)

Best time in course: 41:37

Rank in category: 3(of 5)

Best time in the category: 52:44