



39. Kienberglauf  
Oehrenstock / 29.09.2019

## Detailed evaluation

**Börmke, Jens**

Club: Fit mit Schmidt  
Number: 611

Course: 11.00 km  
11 km Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:00:26

Speed: 10.92 km/h  
Running performance: 5:29 min/km

Rank in course/Total: 16 (of 49)

Rank in course/Men: 15 (of 34)

Best time in course: 41:37

Rank in category: 2(of 2)

Best time in the category: 58:47