



39. Kienberglauf  
Oehrenstock / 29.09.2019

Detailed evaluation

Kahl, Lilith

Club: Die flinken Gerataler  
Number: 661

Course: 11.00 km  
11 km Lauf

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 1:07:37

Speed: 9.76 km/h  
Running performance: 6:09 min/km

Rank in course/Total: 29 (of 49)  
Rank in course/Women: 7 (of 15)  
Best time in course: 51:37

Rank in category: 1(of 2)  
Best time in the category: 1:07:37