



40. Kienberglauf  
Oehrenstock / 26.09.2021

## Detailed evaluation

**Seidler, Bernd**

Club: Stadtilm  
Number: 882

Course: 16.60 km  
16 km Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:40:36

Speed: 9.54 km/h  
Running performance: 6:04 min/km

Rank in course/Total: 22 (of 24)

Rank in course/Men: 19 (of 20)

Best time in course: 1:09:43

Rank in category: 4(of 4)

Best time in the category: 1:22:29