



40. Kienberglauf  
Oehrenstock / 26.09.2021

## Detailed evaluation

Koch, Adrian

Club: CREW 301 - Run permanently  
Number: 966

Course: 11.50 km  
11 km Lauf

Category:  
Männer (20-29 Jahre)

Total time: 48:25

Speed: 13.63 km/h  
Running performance: 4:13 min/km

Rank in course/Total: 1 (of 28)

Rank in course/Men: 1 (of 19)

Best time in course: 48:25

Rank in category: 1(of 3)

Best time in the category: 48:25