



40. Kienberglauf  
Oehrenstock / 26.09.2021

## Detailed evaluation

Heym, Andreas

Club: EDEKA-Team ERFURT  
Number: 962

Course: 11.50 km  
11 km Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 58:47

Speed: 11.74 km/h  
Running performance: 5:07 min/km

Rank in course/Total: 7 (of 28)

Rank in course/Men: 7 (of 19)

Best time in course: 48:25

Rank in category: 2(of 3)

Best time in the category: 49:00