



40. Kienberglauf  
Oehrenstock / 26.09.2021

Detailed evaluation

**Prasser, Niels**

Club: SG Motor Arnstadt  
Number: 971

Course: 11.50 km  
11 km Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:10:57

Speed: 9.30 km/h  
Running performance: 6:10 min/km

Rank in course/Total: 21 (of 28)

Rank in course/Men: 14 (of 19)

Best time in course: 48:25

Rank in category: 3(of 3)

Best time in the category: 49:00